

Issue 21 Dec 2014

The Paddler

International digital magazine for recreational paddlers

ezone.com



NOVA CRAFT 45 years old
Birth **DAY**

SPAIN Paddling and portaging the coastal path
to **PORTUGAL**

COACHING Dave Rossetter
and **PRACTICE**

Regular **Paddler**

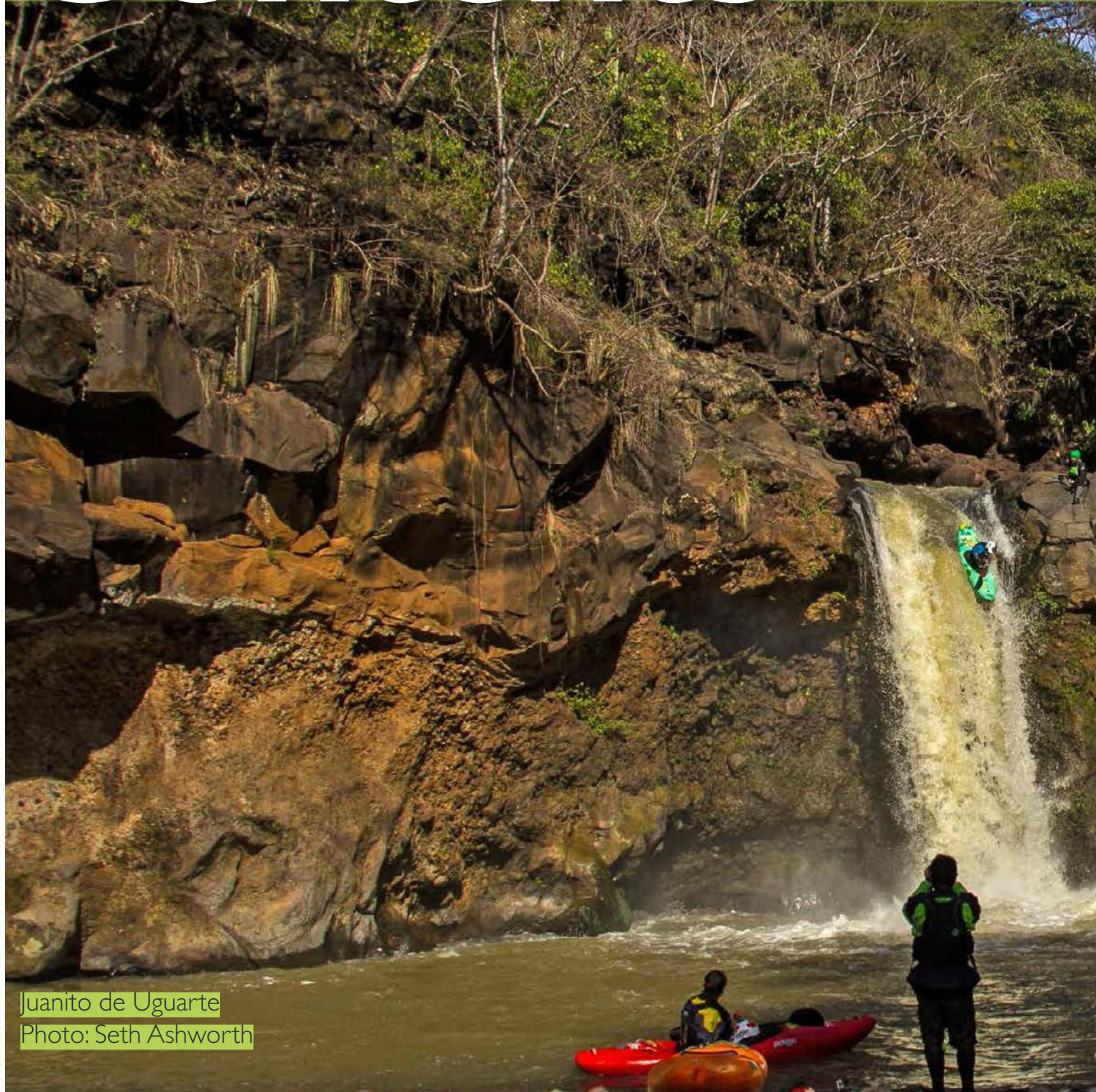
Kayak **Paddler**

Salty **Paddler**

SUP **Paddler**

Canoe **Paddler**

Contents



Juanito de Uguarte
Photo: Seth Ashworth



Editor

Peter Tranter
peter@thepaddlerezine.com
Tel: (01480) 465081
Mob: 07411 005824
www.thepaddlerezine.com



Advertising sales

Anne Egan
Tel: (01480) 465081
advertising@thepaddlerezine.com

Covers

Kayak: Nick Troutman by Antony Edmonds, Hurley, United Kingdom
SUP: Corran Addison, DUSI Marathon, South Africa
Salty: Greenland glaciers by Jim Krawiecki
Canoe: Fire at shore by Mike Monaghan



Additional contributor credits: Phil Carr, Aidan Egan Tranter, Dave Wortley, Scott Edwards, Ian Bailey, Frode and Wivian Wigger, Renee Rosensteel, Anita Harris, Matty Schweizer, Kristian Olauson, Jim Baird, David Bain.

Not all contributors are professional writers and photographers, so don't be put off writing because you have no experience! The Paddler ezine is all about paddler to paddler dialogue: a paddler's magazine written by paddlers.
Next issue is February 2015 with a deadline of submissions on January 10th. Technical Information: Contributions preferably as a Microsoft Word file with 1200-2000 words, emailed to submissions@thepaddlerezine.com. Images should be hi-resolution and emailed with the Word file or if preferred, a Dropbox folder will be created for you. The Paddler ezine encourages contributions of any nature but reserves the right to edit to the space available. Opinions expressed in this magazine are not necessarily those of the publishing parent company, 2b Graphic Design. The publishing of an advertisement in The Paddler ezine does not necessarily mean that the parent company, 2b Graphic Design, endorse the company, item or service advertised. All material in The Paddler ezine is strictly copyright and all rights are reserved. Reproduction without prior permission from the editor is forbidden.

- 004 **Juanito de Uguarte**
Remembered by Mariann Sæther & Seth Ashworth
- 012 **The Paddler's Planet**
Christian Wagley
- 014 **Eight of the Best**
The best paddling films from around the planet
- 016 **Photo of the month**
FUSE Lowri Davies by Dave Wortley
- 018 **Testing, testing**
Tons of new kit reviewed and tested
- 028 **Coaching**
By Dave Rossetter
- 032 **Photography**
Dale Mears tips on watersport photography
- 042 **Fear and confidence**
By Andy Holt
- 054 **United States**
First Waves by Ian Smith
- 062 **South Africa**
Dusi Marathon by SUP part 2 by Corran Addison
- 076 **Interviews**
Judie Vivian, Zane Schweitzer & Jo Hamilton-Vale
- 092 **Nova Craft at 45**
Celebrating their 45th birthday
- 098 **Portugal and Spain**
David Truzzi-Franconi
- 112 **Launching**
Through the waves by Mark Crame
- 118 **Greece**
Halkidiki Peninsula by Howard Jeffs & Pavlos Zitakis
- 126 **Greenland**
Tracing Gino Watkin's By Jim Krawiecki
- 138 **Interview**
Canada's freestyle champ Nick Troutman
- 146 **United Kingdom**
Hurley's 25th by Dave Wortley & Antony Edmonds
- 156 **Europe**
The 2014 Pyranha Tour of Europe by Matt Cooke
- 170 **Laos**
Kayaking through karsts by Karla Held



Juanito de Uguarte remembered

"Marianita, why like this?" Juanito's seemingly serious voice made me turn. A few of us were gathered around a fire on the shore of the Futaleufú river; enjoying a traditional Chilean asado. The Futa community is tightly knit – we are all whitewater gypsies from around the world who spend season after season on its magical waters, hollering as we go past each other on the river; either guiding rafts, safety kayaking or simply enjoying the whitewater in our kayaks. Juanito was one of us, and has been for more than a decade. But however much we all shared the love for the mesmerizing waters of the Futaleufú, Juanito would never cease at every opportunity to make us go north. *"Man, there is no place like Peru. If you want to paddle real white water, you have to come to Cusco. The Apurímac is the shiiiit, man!"* Then he would laugh and so would we. That is what Juanito did to the world around him. He carried so much happiness and positivity within himself that it was impossible to not get smitten. He also carried his beautiful homeland in his heart and soul, generously sharing the love for his home with all of us.

Words by Mariann Sæther
Photos by Seth Ashworth

Main photo left:
Juanito de Uguarte poses for a portrait during the Red Bull First Descent:
Michoacan project, in Uruapan, MI, Mexico, on 24 November, 2013
Photographer: John Rathwell / Red Bull Content Pool



On this very day some of us

had been paddling together on the Futa, others, like Juanito, had shown up for the asado in the evening. He paddled down from Cave Camp to join us after work and would be returning to work again early morning by foot. He would not miss an asado with friends even if he had to solo all the 35 kilometres of whitewater that Futaleufú consists of – and walk the same length back to get to work early next morning. To Juanito this was natural – he took nobody for granted and was never scared of showing it.

We had just opened a beer each when his voice caught me off guard. Upon turning around and seeing his mischievous smile, I also started laughing. "*Si, hermanito, para la Pachamama*", I dutifully replied and poured a small part of my freshly opened beer onto the ground. It was a ritual he introduced me to many years ago, when we were still in our early twenties and after just met on the shores of the Futaleufú.

He told me there should always be a small sacrifice to the beautiful Mother Earth, to appreciate her love and to show gratitude for what she gives us: life – and Juanito was so full of it. He had the ability to walk into a room or paddle into an eddy and illuminate it with his joy for life, his stoke and charisma. He loved his life, and he loved the path he had chosen to follow.





Some years

back we were sitting under another starry sky basking in the light from another fire. I was heading out early morning to run the Rio Pascua in southern Patagonia, while he would stay behind to surf a newly discovered wave that he had baptized 'El Pistola'.

Nothing would make him smile more than surfing this wave in those days, perfecting his freestyle moves. Just before going to bed Juanito quietly handed me a little plastic water-gun. I smiled while closing my hand around it, but Juanito was in his serious mood. It was his lucky talisman and he told me he always kept it in his lifejacket, *"My friend, fill this up with water from the Pascua and it will keep you safe, so you come back to us"*.

As it happened, I took the worst swim of my life on the Pascua. Upon returning to Juanito's company on the Futa we shared a bottle of Pisco and celebrated life and the magic of his lucky water-gun. In many ways this shows the essence of who he was: a deeply embracing soul with a caring heart for people around him. He was always more worried about others on the river than himself.

While he always had an immense appetite for life and loved being with his family and friends, he was also a very driven and dedicated athlete. His path was clear and he knew where he wanted to go. He wanted to become as good as possible and to love every step of it. It was not always easy for him to travel out of South America, as visas sometimes were tricky to obtain for a Peruvian.

However, after having paddled for years on the Futaleufu with many of the big names from the Ottawa Valley in Canada, he finally got a job working on the Ottawa River two years ago. I remember his messages were ecstatic during that first season – he truly loved the river and the people he got to paddle and hang out with.

In later years he had been getting more recognition for paddling challenging whitewater with projects like the Amazon Express project and Red Bull's Michoacan project in 2013. Thus this year he became a fully sponsored athlete and a proud member of Team Jackson with Jackson kayaks. His drive to excel in all aspects of kayaking was always inspiring, from his slalom competitions around the world in the early 2000s to big wave freestyle competitions and extreme creek racing.

As he himself simply put it, *"The only things that give meaning to my life are the sports I practice"*





Seth Ashworth, Juanito de Uguarte, Rafa Ortiz, Dane Jackson and Joel Kowalski carry their kayaks through the town during the Red Bull First Descent: Michoacan project, in Uruapan, MI, Mexico, on 24 November, 2013
Photographer: John Rathwell / Red Bull Content Pool

Juanito's devotion to his friends and family was like a see-through blanket of love. He shrouded us all in it in such a way that it was not really before it was suddenly gone so many realized it had been there. That is the depth of our shared tragedy as we all miss him more than words alone can express.

- Juanito, why like this?

A gofundme site to cover the cost of a memorial on the river for Juan, raised the initial target (\$1,000) in just two days, so then it was decided it would be great to also have a memorial in his home town of Cusco in Peru and the bar was set to another (\$1,000), which was raised in under a week. After some deliberating it was decided that any more money raised until the end of December would go towards a scholarship program at the Ottawa Kayak School Keener Program where Juanito was a regular coach. To help see: <http://www.gofundme.com/juanitoforever>



Leslie
Kolovich



Photo: Joan Vienot

ThePaddler's Planet

Grateful to be a paddler

By Christian Wagley

For more information on how you can participate wherever you may be on the Planet visit www.supradioshow.com/wpftp

Stay tuned for my weekly podcast of The Paddler's Planet with my guest host

Christian Wagley on www.supradioshow.com,

"Where we are Standing Up for the Planet!"



As with so many of us working to make the world a better place, many times it's the bad things that drive me to action. Whether it's pollution in our local rivers, elected officials who favour dirty industries, or the global challenge of climate change, what's wrong in the world often evokes the most passion.

Yet the paddling community is made-up of mostly caring, kind, and thoughtful people who favour positive action. We want good things for our families, communities, and the special places where we paddle – especially actions that protect our favourite waterways or build community.

With the holiday season upon us, that makes me think of all the good things that I – and probably many other paddlers – are grateful to have in our lives. I'm refining my own gratitude practice by reminding myself of how paddling brings so much good into my life. After all, if we're out paddling, that means we're breathing fresh air, stretching our muscles, and exploring the larger world.

I'm grateful that I have favourite places to paddle here along the northern coast of the Gulf of Mexico.

There's an urban waterfront where I can marvel at large ships in the port, and explore the ballast stone along the shoreline left by wooden sailing ships over a century ago. My favourite remote paddle is along an isolated bay shoreline where pines and palmettos stretch along the shore, seagrass beds are lush, and through the clear waters I see an abundance of fish, squid, and other marine life.

I'm grateful for the way that paddling connects me with other people who care about nature and community. Some of the best people I know are regular paddlers, who find the same connection with nature and relaxation that I seek. We are social creatures, and I'm grateful that through paddling I have more good people in my life.

I'm grateful for how briskly paddling my kayak loosens my shoulders and makes my heart beat fast. I feel the endorphins surging, and my body gets stronger as its limits are tested.

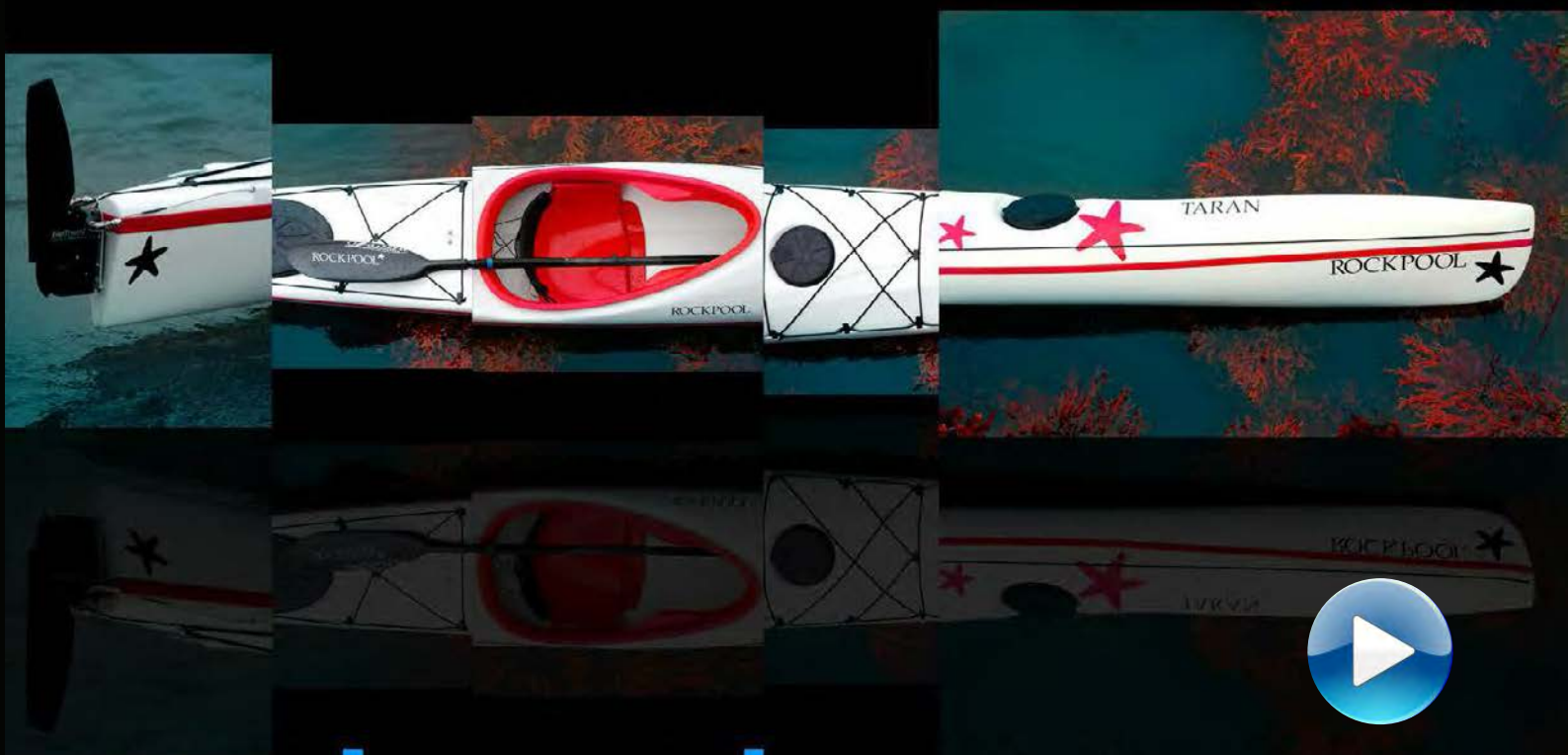
I'm grateful for how paddling brings me experiences that I could never have in any other way. I can quietly float beneath a tree where a bald eagle feasts on a fish, and watch a dolphin glide beneath me.

I'm grateful for how paddling is so easy on the waters I love. I leave behind nothing but a gentle wake that quickly fades away.

I'm grateful that time on my kayak simplifies my life. In a world in which the course of civilization tends toward more complication, paddling keeps me grounded in the simplicity that I value.

The holiday season can itself be a source of complication as a frenetic pace and excessive spending on gifts can detract from the religious and spiritual focus. Be sure to get out on the water this holiday season if you can. Whether you do or not, bring gratitude into the season by recognizing and giving thanks for the many wonderful things that paddling brings to our lives.





rockpool
it's all in the detail

View the **TARANTELLA**
the new low volume **TARAN16**
The Taran, designed for the intermediate to advanced paddler

Unit 7, Holland Park Ind Est, Cyttir Rd, Holyhead, Anglesey LL65 2PU Workshop: 01407 764422 Mike Webb: 07970 298085 sales@rockpoolkayaks.com www.rockpoolkayaks.com

Shred Ready

photo: Paul Butler

The Linville River lies tucked away in the Linville Gorge Wilderness and has long been called "The Grand Canyon of the East." The forbidding nature of the terrain has made resource extraction impossible, and for some, like Ty Caldwell, that is a calling like none other. Land only Mother Nature can touch. Who could possibly pass that up?



facebook.com/shredready



@shred_ready_helmets

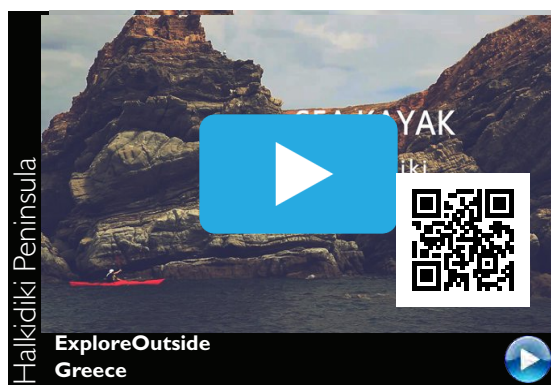
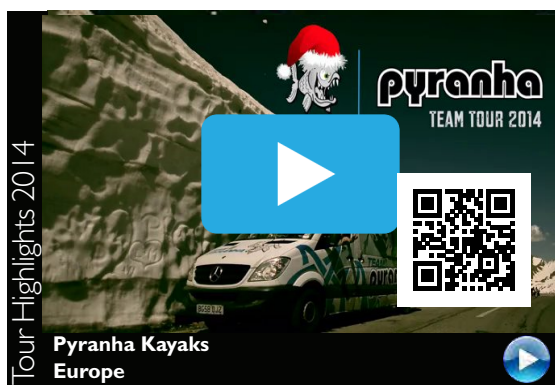
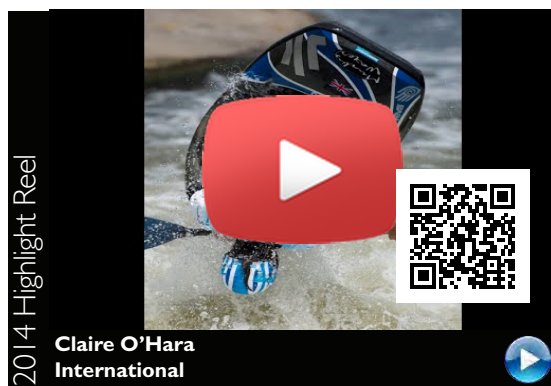
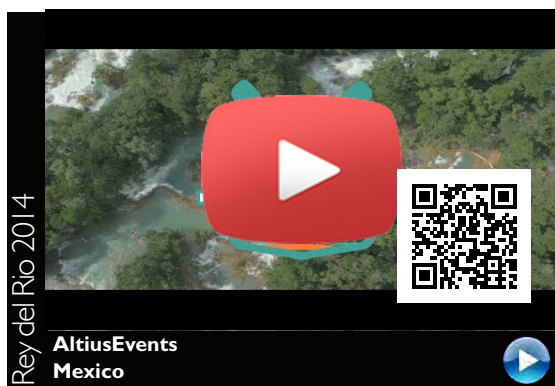


@_shredready



Standard Full Cut Flow
Distribution: www.systemxeurope.com

SR
shredready.com





ADVENTURE TECHNOLOGY



YOU SAY YOU WANT A **REVOLUTION.**

For those who do it all, the Hercules is the most versatile blade in our new Advanced Series whitewater paddle line featuring Duraweave™ – a revolutionary new composite material that's lighter, stronger and safer.

Extensive R&D and testing confirms performance that sets an entirely new standard when compared to other leading paddles: dramatically improved impact and abrasion resistance on the blades; and where it counts most, a measurable increase in shaft strength. Simply put, the blades are going to last longer and the shafts are highly-resistant to full breakage.

We're leading the revolution because you've got enough to think about. Whether you can count on your paddle shouldn't be on the list.



www.atpaddles.com


 Find Us On Facebook

Photo of the Month

Project Fuse –
Working on a sequel
to the popular Fuse film by Dave Wortley,
currently in contention for the Kayak Session
Short Film Award 2014, votes close 30th
Decemeber!

www.kayaksession.com/short-film-of-the-year-awards-2014-voting-page/



#FUSE

- 0% FINANCE AVAILABLE
- PRICE MATCH PROMISE
- TRADE RATES FOR CLUBS/CENTRES

RobinHood
Watersports
www.roho.co.uk

- ADVICE FROM EXPERIENCE, EST 1981
- MASSIVE SHOWROOM WITH KETTLE!
- POOL ON SITE FOR DEMOS

PACKAGES ARE OUR SPECIALITY- DISCOUNT AVAILABLE ON YOUR CUSTOM COMBINATION TODAY!

Any Kayak:



e.g. Pyranha B2
inc full upgrade
(£625)



Any Paddle:



e.g. Werner Powerhouse
(£209)



Any Spraydeck:



e.g. Pyranha Snappy
(£65)



BIG SAVINGS!

SAVE £115
PACK PRICE
£865

DRYSUITS

Sweet Intergalactic
£999



Typhoon Multisport
RRP £500
ROHO price £425



Typhoon
Equator Hinge
RRP £350 ROHO price £299



Palm Torrent
£499



Palm Element Ladies
£499



Typhoon Hypercurve
Ladies
RRP £339 ROHO price £289



PADDLES



Werner Powerhouse
£209



Carlisle Whitwater
£129



Palm Maverick G1
£69



Werner Sherpa
£209



Palm Maverick G5
£129



TNP Rapa
From £52

SAFETY EQUIPMENT

Palm Bullet £39



Palm Wire Gate
£25



Fox 40 Whistle
£6.95



HF Weasel
£25



Palm HMS Screw Gate
£11.95



Palm Whitewater
Pulley £13.95



BUOYANCY AIDS & HELMETS



Palm FXR £109



Palm Amp £149



Palm Extrem £169



Palm FX £79



Peak River Guide £139



Astral Green Jacket £195



Peak River Vest £85



Palm Luna £159.95



Palm Halo £119.95



Sweet Rocker 2014
£189



Sweet Wanderer 2014
£129



Shread Ready Fullcut
£59.99



Sweet Rocker Fullface
£299



Sweet Strutter
2013 Green RRP £169
ROHO Price £109



Shread Ready Block Gold
RRP £140
ROHO Price £79

RO HO HO HO CHRISTMAS SPECIALS

Palm Snake Sling
£13.95



Palm Roofrack Straps
FROM £9.95



Aquapac iPhone Case
£19.95



Pyranha Key Ring
£4.95



Mystic Poncho
£35



Smiley Nose Clip
£5.95



Rock Guard Security Cable
£19.95



www.roho.co.uk 01924 444888 sales@roho.co.uk
152 Leeds Road, Necknondwike, West Yorkshire, WF16 5BJ



Testing,

JetBoil Sumo

<http://www.jetboil.com>

By Scott Edwards

As someone who truly loves camping, doing so from a kayak was a natural progression for me, especially with the plethora of opportunities that are available virtually all over the globe. I am particularly fond of the Maine Island Trail, which I have mentioned in a previous article. Only members of the Maine Island Trail Association (a non-profit organization see: <http://www.mita.org/>) can camp on these islands, some of which are privately owned and they all have strict rules about leaving the island as you found it, which means as if you were never there. In fact, I highly endorse the 'leave no trace' credo when it comes to camping, making fires, if allowed, below the high tide line, practicing a carry in-carry out habit of leaving my site as I found it, no signs of human encroachment.

One of the things I enjoy about camping is preparing meals outside, and I don't mean barbecuing. One thing you need to have to do this is the proverbial 'camp stove'. The world of the 'camp stove' has evolved from cooking over an open fire to stoves that can now charge your electronic devices. We've used every fuel imaginable and pumped pressure into reservoirs until

our arms fell off. We've had to use windscreens, and we have forgotten windscreens only to have our efforts to even have a cup of coffee foiled just when you need it most, much less get enough nutrition to power a day of paddling. Spilled fuel is always a concern, especially in a kayak, where it would get all over everything in the hatch, and perhaps react with the kayak itself. And of course, the smell of some of the fuels can be downright unpleasant. However, I think those days are over, especially for me with my penchant for camping out of a kayak. Enter into my world the JetBoil line of stoves. Small, self contained, no fuel to spill and will heat a quart of water to full rolling boil before you can get your smartphone stop watch initialized.

Fits in a small dry bag

First, let me say that I will be talking about the Sumo size of the JetBoil. Yet, despite its name, denoting size and girth, still fits in a small dry bag along with a couple fuel canisters. Now, one of the initial 'push backs' I got on this system is the empty canisters that one will have to pack out during your trip. JetBoil uses a proprietary 'JetPower' to optimize its cooking system. JetPower fuel contains a blend of propane and iso-butane. Propane provides higher vapour pressure to the fuel, which means better performance in cold weather. Iso-butane provides more constant pressure as the fuel level gets low. The JetPower fuel canister is also designed to stow conveniently within the cooking cup. I have also been asked can you travel with JetBoil. The answer is yes you can, but, you need to make sure you have fuel sources at your destination. Airlines are prohibited from transporting pressurized flammable containers. Visit <http://www.jetboil.com/Support/International-Distributors/> to find fuel wherever your journey may take you.

Keeping to my desire to minimize, if not eliminate my impact on my campsite; I have no problem carrying out the fuel canisters. The Sumo comes equipped with a large main 'pot,' three cups/bowls, fuel mounting system with integrated sparking unit and flame control, folding stability legs to go on the fuel can that attaches to the base and lids for everything.

As I said earlier, everything fits easily into a small dry bag, making transport a breeze and leaving you plenty of room for the rest of your gear. Which if you are counting on your kayak to carry everything, every inch



testin

counts. Especially on multi day trips where you'll need to carry more than a days worth of food, a tent, water, changes of clothing, sleeping bag and whatever else makes up your 'can't do without' kit.

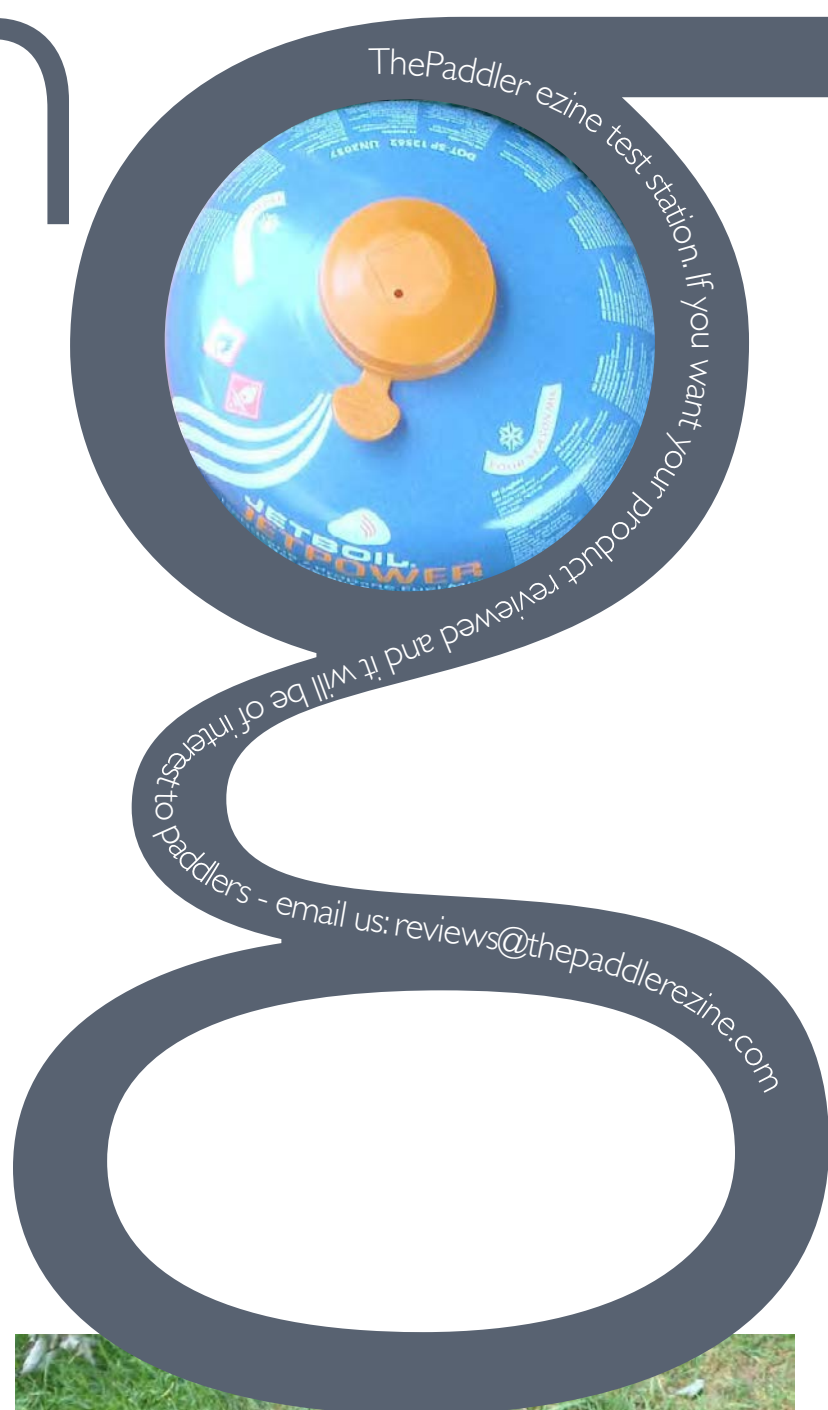
Robust construction

The construction is robust, I have no fears of anything breaking in transit and set up is simple and fast. Once assembled you are literally a couple of minutes from a steaming cup of a hot beverage, which can be a huge boost when paddling in less than balmy conditions.

One of the things I like best about the Sumo is the fact that you have enough bowls/cups for not only yourself but also another camper. Meaning, quite simply more room in another kayak for more food, water, and gear, or whatever will make your trip more enjoyable. For those of you who do camp out of kayaks you are well aware of how every inch is precious and can make the difference between bringing something and leaving it in the car.

Everything you see in the accompanying photographs came out of that one small dry bag. If you are going to be responsible for cooking for a larger group, you will obviously need larger pots and pans. The parts stayed cool, the contents of the large pot stayed hot making it the ideal vessel for a one pot meal, soup, chilli and the like. The JetBoil system has accessories enough to satisfy the most hardcore gear junkie (like me) including a 'crunch it' key to make the empty fuel canisters recyclable! A major plus for me... it makes the fact there is no fuel to spill and even bigger plus for the JetBoil. The one caveat about JetBoil accessories is that they often need the 'Pot Support Kit' which allows you to use taller or larger cooking vessels with appropriate safety and stability.

I have used a lot of different camp stoves in my life, from single burner multi-fuel models to large table top models for 'car camping' and by far and away the JetBoil is the most efficient, most compact and easy to use and transport cooking system I've encountered. I have had no difficulty finding an ample supply of the fuel and do plan ahead so I know I have enough for my trip then some. As far as a compact, efficient, easily used and remarkably small, allowing easy, space saving storage, the JetBoil system seems to be designed perfectly for kayak camping or anywhere that size is a factor, but performance cannot be compromised.



Liquid Logic Squirrel

<https://www.liquidlogickayaks.com>

By Phil Carr

The Squirrel is Liquid Logic's latest white water kayak and the second designed through the companies Automatic For The People initiative. Demand for a boat similar to Liquid Logic's successful Remix but with additional bow rocker and volume in addition to an overall increase in volume was high. In fact Liquid Logic used the original Remix model as the starting point for the Flying Squirrel and built in many of the features that both team members and Liquid Logic fans had been calling for their heads in wonder.

I have been lucky enough to get hold of one of the first Squirrels to land here in the UK and have been paddling the Squirrel each week over the last couple of months. Over the years I have owned a number of Liquid Logic boats including – Vision, Ronin, Biscuit and the Stomper, so I was very interested to give this new #automaticforthepeople kayak a try.

The Squirrel was super easy to set up. The seat was left as was with only the hip pads added to the BADASS system. The footrest system is that same as found in the Liquid Logic Stomper and consist of a thick foam pad on a plastic plate. The position of the footrest can be adjusted via a set of bolts located on the side of the hull. Before paddling a kayak I like to make sure that it is fully set up. For a creeker this also

includes the addition of a set of air bags. The rear of the Squirrel 95 will happily accept a pair of 35 litre air bags and the bow will take a pair of 15 litre air bags positioned beyond the footrest.

Newer version of the BADASS system

On getting in the boat I noticed that the BADASS covering for the hip pads didn't move. This was something that you needed to be careful of when using previous versions. This newer version of the BADASS system seems to offer greater coverage and stays in place very nicely. I did find that the backrest initially sat quite low on my back compared to the Wave Sport Recon, which has been my main boat over the last couple of years.

Those paddlers who have owned or have tried the Liquid Logic Stomper will be familiar with the facility to tip the backrest up to allow full access to the storage potential in the stern of the boat. This feature has been removed from the Squirrel backrest system. Overall I like the BADASS system but think that it could be made even better if there were some way of easily adding padding to the base of the seat.

On the bow of the boat I added a GoPro flat mount just in front of the first grab handle. The deck at this point is virtually flat so an ideal/easy place to install the





sticky mount. The grab handles have a very slight texture feel and are great for carrying the boat and very easy to clip a carabiner into. Handles can be found on the bow and stern as well as mid-bow and on the stern x2 just behind the cockpit.

I sit within the middle portion of the suggested 170 – 270lb range for the Squirrel 95. For a 95 gallon boat the Squirrel doesn't seem to feel that big and as expected behaves very much like the Remix. That isn't surprising as the Remix was the basis of the Squirrel. The addition of extra volume in the stern is very welcome and makes the Squirrel very forgiving. Even whilst sticking in some dodgy edging the Squirrel was determined to stay the right way up. In many respects the stern feels very much like a combination of a Remix and the Stomper. Whilst the edges of the Remix have been softened a little, the Squirrel still maintains a good level of agility combines with a sure footedness that Jefe and Stomper paddles will recognise.

Try both the 85 and 95 before fully committing

I would imagine that if I were at the bottom end of the suggested weight range for the 95 that I would find it to be a very large boat and possibly one that I would feel swamped in. The 85 and 95 do have quite a large cross over for suggested paddler weight and I would encourage anyone in that range to try both the 85 and 95 before fully committing to one over the other. For me the 95 is absolutely ideal.

I have been using the Squirrel on a range of different water conditions from dry ditches to relatively high volume flood and everything in-between. The Squirrel



rides high over waves and punches well through stoppers. Yet at the same time I haven't felt the Squirrel being pushed dramatically off line which can be found on kayaks that ride high. As expected it boofs very well and resurfaces very well. Stability is extremely good and it rolls like a dream.

The Squirrel seems to combine a number of great features including the ability to turn really tightly and feels stable whilst doing so. The Squirrel is ever so slightly longer than the Remix and shares its great turn of speed. This can catch some paddlers out at first but doesn't take very long to get used to. Throughout my time with it the Squirrel has been a delight to paddle. It may share a number of features with a significant number of previous Liquid Logic kayaks but don't let that put you off – the design has been carefully considered and very well executed. The Liquid Logic Squirrel is a great kayak in its own right and so much so that a Squirrel 95 is now my main kayak.





TIZIP® YKK®     

XP 4-layer fabric • 4D cut • YKK AquaGuard zipped pockets • Fleece lined front pocket and collar • GlideSkin neoprene neck • Latex wrist gaskets • Volume adjustable, helmet compatible, rollaway storm hood • TIZIP MasterSeal entry and drop seat relief zip • Reinforced elbows, seat and knees • Reflective details

Lofoten

Every feature you could want in a cold weather ocean paddling suit for women. With our 4D cut for exceptional freedom of movement, and drop seat for practicality. Make no compromises.



Paul Ramsdale. River Dee. Image: Pete Astles



Whitewater Suit. River Guide Vest. Bull Bag.

PEAK UK
www.peakuk.com

Quality • Performance • Design

Tiderace in Scotland

After three years' hard work and having sold a huge number of Tiderace Sea Kayaks (many to those who paddled on his trips), Roddy McDowell of Kayak Bute has decided to focus on the paddling, guiding and training part of his business.

Tiderace wish him every success in his future endeavours and thank him and his team for such an effective dealership over the years.

With immediate effect the new Tiderace Sea Kayak dealer for Scotland is the Glenuig Inn on the Sound of Arisaig on the west coast of Scotland, run by Steve Macfarlane,

The Inn was featured in the last issue of Ocean Paddler Magazine, showing the fabulous paddling to be had in the area as well as the wonderful facilities at the Inn. Having built the water sports side of the business with a fleet of Tiderace Sea Kayaks, it is a natural progression to provide and then sell some of the world's best sea kayaks.

In Steve's words: "We are delighted to become part of the Tiderace dealer network and to introduce even more paddlers to the joy of Tiderace Sea Kayaks from our ideal location on Scotland's iconic west coast."

To arrange a demo, to order a boat, or simply to have a chat about the available range, contact Steve at Glenuig Inn:

Phone 01687 470219 or 0795 735 6099
www.glenuig.com/making_contact.asp
tideracescotland@glenuig.com



In the Flow

<http://performance.sportscene.tv>

By Ian Bailey

Four years ago, I found myself in my final year at university studying for an outdoor degree. Sat in front of me was a sports psychology essay, with no words on the page. The problem was that at that point, there was very little written work on kayaking-specific sports psychology. The odd journal article could be found on competitive slalom paddlers, but otherwise, I looked to other sports for my references.

Many paddlers will have heard of 'Inner Skiing,' a book dealing with the issues of head games and the psychology side of risk sports. However, there has been very few (if any) sports psychology books aimed solely at paddlers. Until now...

'In the Flow' by Jonathan Males finally addresses this gap in the sports psychology literature and I can see his work being quoted for ever more by outdoor education students... More importantly though, the book offers easy to understand advice for all paddlers, covering everything from rebuilding confidence after a bad swim, to keeping engaged with paddling in later life.

Drawing on his experience coaching both the British and the Australian Olympic slalom teams, 'Mally' presents his four fundamentals for paddlers to work on to improve their paddling self-confidence. Citing a number of examples across different disciplines, as well as quotes from some of the world's top kayakers, he shows how any paddler can make small changes to their mindset, to increase their performance.

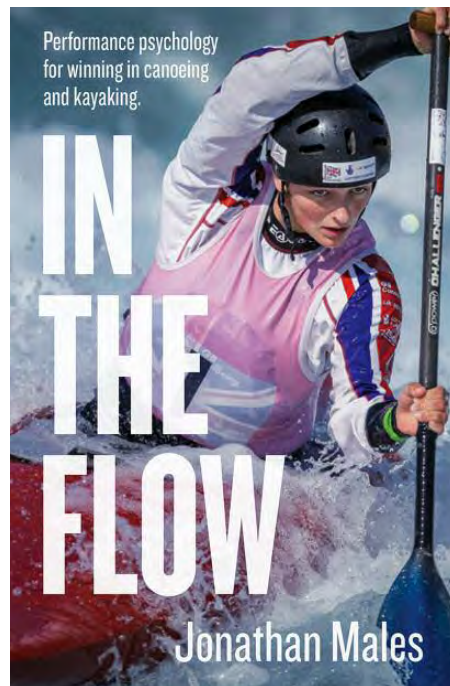
The book is set out in an easy-to-read format, starting with the fundamentals of self-confidence, before moving on to look at how to apply them as either a recreational or competitive paddler. Each section is then neatly summarised with a series of thought provoking review questions.

Although there is a wealth of information here for the budding slalom paddler, or high performance coach, I was able to find an equal amount of good advice to apply to my

more modest river paddling. Towards the end of the book, Mally tackles some of the harder questions in our sport – Why do we do it? What do we get from wilderness experiences and are there gender differences in the way people behave of the river?

I can fully recommend this book for anyone that's interested in the psychological side of paddle sports, whether they be a coach, athlete, or just trying to achieve their full potential.

'In the Flow' can be found at <http://performance.sportscene.tv/> as well as Amazon, available in both paper-back and e-book formats. For more of Jonathan's work on paddle sport specific sports psychology, check out his blog: "Diary of a Middle Aged Kayaker"



The importance of delivering the fundamentals – both technical and psychological – to achieve paddling success.

What's the connection between what paddlers think and feel and how they perform? How does mental preparation help performance? What do paddlers and their coaches need to do, to ensure paddlers perform at their best when it counts?

Former international paddler and current coach Jonathan Males brings his many years of experience of competing at the highest level and a sport psychology degree to this accessible book designed to help paddlers and coaches understand the theory behind success and provide practical skills to improve performance.



Relevant both for competitors in all disciplines as well as for recreational paddlers, *In the Flow* features chapters on self-confidence, decision-making, teamwork, whitewater paddling, competition and the joys of wilderness paddling.

ISBN: 978-1-910223-08-6



ukbookpublishing.com RRP: £15.00

We are Scotland's National Outdoor Training Centre located in the heart of Cairngorms National Park. Learn, develop or qualify in an adventure sport of your choice. Our goal is to inspire adventure by teaching beginners, coaching intermediate/advanced and delivering training and assessment courses for leaders and instructors.

White water



Open canoeing



Sea kayaking



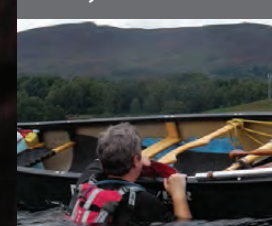
Surf kayaking



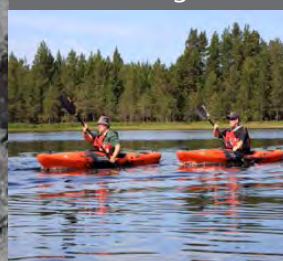
Qualifications



Safety and rescue



Touring



visit www.glenmorelodge.org.uk

bespoke dates, tailored courses, off-site training, group bookings and non residential prices all available upon request

Real Turmat

www.drytech.no

By Frode and Wivian Wiggen

Drytech is a Norwegian company, established in 1989 with a long list of excellent clients including the Norwegian armed forces, police, fire departments and some of the greatest explorers in the world.

Drytech produce 'Real Turmat', which is a high-quality freeze dried food that comes in three different meal varieties for food throughout the day.

- A breakfast muesli in two recipes.
- Lunchtime soups in three recipes.
- Dinner casseroles in 13 recipes.

Several of their products are gluten-free and without milk and they even have a vegetarian casserole. Perfect for all outdoor activity and for kayaking we give it two thumbs up! Why? It is very easy to make and all you need is hot water and a spoon!

- Tear bag open, no tools required.
- Add water to level indicated on the back of the bag.
- Stir, close the bag with the zip lock.
- Wait for five minutes, or do some moves to get your body heat back.
- Eat and enjoy your hot meal.
- Roll the bag together; no dish washing.
- Paddle on!

The food is high in nutritional value whilst providing plenty of energy. The vacuum packed bags are low in volume and weigh in at only 140 grams – ideal for expeditions or multi-day trips. If are you are planning to travel around the world, you can bring some of these meals to be sure that you get enough energy and food you are familiar with without too much baggage.



And yes, of course it also tastes good – the main reason why we enjoy Real Turmat! Our personal favourite for paddling in cold conditions is the Meat Soup, which also warms your hands for five minutes on the hot bag, before you enjoy your meal.

Read more about Real Turmat and the nutritional value on their webpage www.drytech.no





This is work?

We're looking for energetic, fun-loving Canoe & Kayak Instructors to share their passion for paddling at our stunning locations across the UK, France & Spain.

PGL is the UK's leading provider of residential activity holidays and educational courses for children.

Opportunities for paddlers of **all abilities**, from personally competent, to qualified BCU/UKCC Coaches. Excellent training and qualification opportunities including apprenticeships.

Competitive wage, meals, accommodation package with flexible contracts from 12 weeks to 10 months.

Join our free BCU/UKCC training courses leading to jobs at our UK centres.

Find out more and apply now:

www.pgl.co.uk/canoe



facebook.com/PGLstaff



@PGLstaff

Make 2014 your
PGL season!



WERNER PADDLES

Ultimate Paddle Performance



BOBY FRIESER LIKES IT SPORTY. HERE AT THE DEVILS SLIDE AT THE SORBA RIVER HIS *STIKINE BENT-SHAFT* IS HIS LOYAL COMPANION. LEARN MORE ABOUT BOBY AT SPORTBANDE.DE

Scan QR-code to
find your nearest
dealer



www.wernerpaddles.com

European Distribution by System X
www.systemxeurope.com



By Dave Rossetter—paddlesport instructor

If you get out boating often enough you must improve. How many have said or hold this true?

After all practice makes perfect! Right?

This article is about practice and more especially the quality of the practice. I aim here to look at:

- types of practice
- challenge and context within practice

A few quotes to get us going:

"In theory there is no difference between theory and practice. In practice there is."

Yogi Berra - baseball player

"Practice does not make perfect. Only perfect practice makes perfect."

Vince Lombardi - American football coach

"Knowledge is of no value unless you put it into practice."

Anton Chekhov - Russian physician

"When you are not practicing, someone else is getting better."

Allen Iverson - basketball player

It's all about the

Getting the theory behind 'what' we need to do, 'why' we need to it and 'how' we need to do it is important. It helps us as paddlers formulate a set of rules that can aid us in the appropriate selection of techniques or tactics for a particular situation. When we are under pressure it gives us a base to fall back onto. However, without practice it is perhaps wasted information and something that doesn't help in our performance.

Whatever the theory is we need to trust it. We need to take ownership of the information and make it our own. If we own and trust the theory it sticks and we are happy to have it as our fall back.

However, paddling is dynamic, fluid and rhythmical. We paddle in dynamic environments where we need to respond quickly and efficiently to achieve the desired outcome. The background information aids us in our planning and helps with the start point. This is where we need to have flair and creativity in our performance. This is particularly true in the advanced conditions. The more advanced the conditions the quicker the decisions required in the constantly moving environment.

The dynamic nature of the environment requires us to be able to adapt our 'rules' and find solutions often in the middle of activity. To help us with this we need to look at the types of practice we do.



Three main types of practice:

Blocked

Varied

Random

Blocked practice

'Same skill, same effort, same environment – repeated over and over'

Brilliant for grooving and gaining skill development especially good for early stages of skill development as well as later stage development when looking to solve a particular problem.

The challenge of blocked practice can be in that dynamic environments things don't happen the same. The water level is higher/lower, the wind is a slightly different angle, the boats packed differently etc.

Therefore we need a different approach. The skill we have been practicing is what we will fall back onto because that worked in the past. That is no guarantee of the outcome this time. That can lead to frustration and/or lack of motivation to continue.

practice!



Varied practice

'Same skill with changes – speed, effort or environment.'

A great way to test the skill in different environments. Due to paddling in an ever changing environment we need to have slightly different blend of techniques and tactics to achieve the desired outcome.

For example the outcome is crossing the eddy line. If we practice doing the same thing in only place and one way what happens when we move to a different type of eddy?

By having the skill at a level where the paddler can then take it and apply it to a different situation. This is vital for paddlers as the conditions we are in vary. Therefore adding variety to your practice will aid you in the long term.

The experiences that we have if they are varied will give us greater options for our paddling. This is recognised by the National Governing Body where for example, asking paddlers to paddle in different geographical areas is helping with them having variety of options to achieve different outcomes.

Random practice

'Skill is practiced and then left as different skills are being worked before coming back to the original skill.'

When we paddle we have to blend a lot of skills together. Using the river example we paddle out of the eddy, down through the rapid which may include avoiding different obstacles, break out before having to then break in again. This using the skill, storing the skill and then recalling it is vital when the environment demands so much from us. When there is so much interference then having the strategies that allow us to recall what we need when we need is the key to a successful performance.

Bi-lateral

One that we should all be aware. What side do you practice on? How many have a roll that only works on one side?

Practicing consciously on both sides is a great way to transfer information from one side to the other. You know when one side is working and the other isn't. Focusing on what those differences are is a great teacher.

The environments that we paddle in demand that we need skills on both sides regardless of what craft we are in. Turning left and right to avoid obstacles, surfing a wave or a move that is better going left instead of right. As much as anything it keeps the body equal and uses all muscles ranges and not just one side.

Challenge and context within practice

Having knowledge of different practice structures gives the ability to understand the context of our training. We know that we can change how we train depending on what the problem is that we need to solve.

If we are looking to groove a skill, add flow or rhythm to our paddling then we can change the practice to suit. However, we can also add challenges to the practice.

Examples of challenges:

Easy environment - hard moves.

On easy grade water look to add the challenge by making harder moves. Looking for effective paddling that leads to efficiency.

Easy environment - easy moves.

Improving the efficiency of the move seeking perfection.

Challenging environment - easy moves.

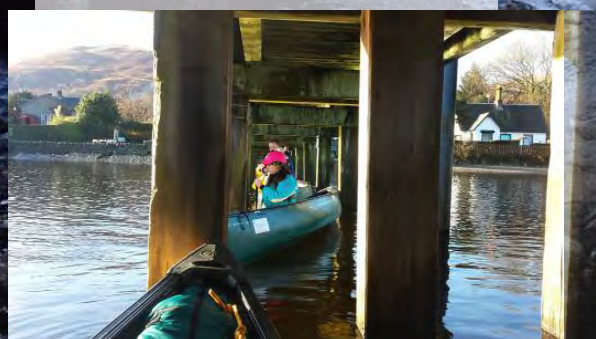
Problem solving blending a mix of factors to solve the problem.

Challenging environment - challenging moves.

Planning a blend of skills to solve the problem that require different tactics in the trail and error phase.

Use of features to create problems to solve

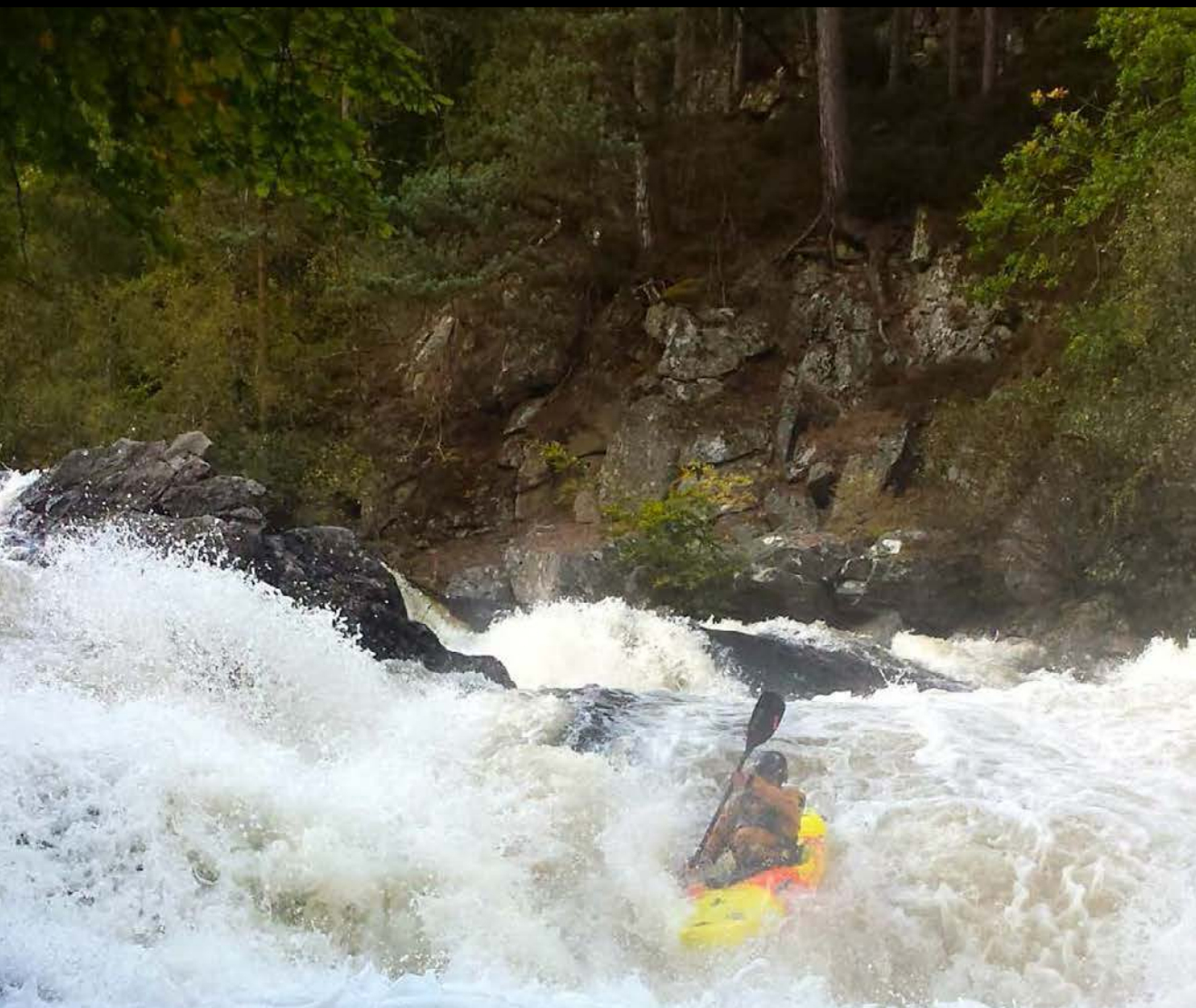
Recently while working with canoes and looking for a suitable challenge for boat control we used a pier. The environment was benign but we needed to test boat control and ensure the students had ways to turn, accelerate forwards and move left and right. This ability to use random practice to challenge boat handling skills aided the student in their planning of tactics, stroke choice and paddling side. The blend of skills using the pier gave immediate feedback on the appropriateness of the selection made along with the opportunity to go again and find another or a different option gives great learning.



Dave Rossetter

Dave is the full time paddlesport instructor at Glenmore Lodge – Scotland's National Outdoor Training Centre. He has been involved in the development of the new awards and provides expert advice throughout the industry on all things to do with coaching, safety, leadership and personal paddling. He is passionate about all things paddling and specialises in white water kayak and open canoe where he will most often be found. He is supported in his paddling adventures and coaching by Pyranha Kayaks, Mad River Canoes and Palm Equipment.

<http://www.glenmorelodge.org.uk/> <http://www.pyranha.com/> <http://www.palmequipmenteurope.com/>
<http://www.madrivercanoe.co.uk/>



Summary

So how do you practice?

Is it structured?

Do you have plan?

By asking yourselves these questions then your practice will be more focussed and thus you can start to solve those little niggling paddling problems that we all have.

Choose your type depending on what you need to do either by your skill level, the environment that you find yourself in or the problem that you need to solve.

Coaches:

What type of practices do you do with your students? Why do you choose one type over the other?

By asking yourself what is you use can help you focus and use the practice time well.

Composition and



Step two of a three part series on tips and advice on shooting top notch watersport photography.

When you are looking down your viewfinder and homing in on that image you have in your mind what should it actually look like? Do you aim in the rough direction and hope for the best? How could you improve your images?

These are a few questions I used to ask myself. Since picking up a camera for the first time I have been lucky enough to get lots of pointers from experienced photographers and hopefully some of these I can share with you to help you improve your photography.

By Dale Mears



technique



I find generally to freeze kayaking shots

1/500 of a second

in shutter priority does **the trick**

First I want to explain your camera set up...

Last issue I talked about what kit you may require depending on your situation and experience but talked very little about how to take a good photo. Hopefully this will help you. It's all very well having a bottomless wallet and the fastest kit on the market but this isn't going to help you take that killer shot.



Most useful camera settings

I find most day to day shots of paddling I want to capture the action of a move or drop, that sudden moment to freeze time so that I can share it with others. Usually these are the shots you see cropping up on social media or in the big magazines. To do this I always aim to set my DSLR on Shutter priority mode this is indicated as a S on all Nikon models and a TV on Canon cameras. What this does is sets your shutter speed at the speed you require and the camera will do the magic and calculate your optimum aperture.

You have to think of an image being made up of a calculation between shutter speed and aperture (f-stop). Your camera will look at the shutter speed you set and calculate the correct aperture to let the right amount of light in (to achieve the perfect exposure) therefore making sure your photo is not too light or too dark. I find generally to freeze kayaking shots 1/500 of a second in shutter priority does the trick. However, if you find you start to lose focus this is because the camera is giving you a low f-stop (for most kit lenses this is around f3.5 or f4 on a telephoto lens).

If you start to lose focus on the background and some parts of your image which you want in your photo you will have to raise the ISO setting on your camera. ISO is the amount of light let onto the sensor of your camera and if you remember older film cameras, you would choose the ISO of the film you bought prior to taking any photos. The higher the ISO the more light but as a consequence usually the more grainy the image. By raising the ISO number usually up to a maximum of ISO800 should be fine to allow your camera a higher aperture setting therefore more focus in your photo.

OK so to summarize, that's a shutter speed of 1/500 aperture at around f6.3 ISO800 (or lower) would be my aim. On a sunny day you will find that you can achieve a higher aperture without raising the ISO.



If you want a **magazine cover shot** you will need to take
your photo in a

portrait orientation





Composition

The composition of your shot depends on what you are using your image for. If you want a magazine cover shot you will need to take your photo in a portrait orientation and consider what is around the image as magazines may want space around the main subject to put their headline content – so make sure your photo is not too busy. If it's a good freestyle photo you're looking for then you have a few options.

if it's facial expressions you're after then get in even closer and catch the water splashing into the

paddler's face



First option is to shoot wide and get in close to the action as this way the paddler will be the main focus of your image but you will also get plenty of the surroundings, other paddlers and spectators in the shot. This can really add to the atmosphere at events if you can get up close but this will often require you making arrangements to get access to the bank, where use of a buoyancy aid is probably required and a good strap on your camera, this is not the time to drop it!

Second option is to zoom in close and capture the main part of a move, maybe filling your frame with the paddler's face, shoulders and their initial paddle stroke. This can often tell a very good story but if it's facial expressions you're after then get in even closer and catch the water splashing into the paddler's face.

Try and think of where you position yourself at all times as one of my aims is to get a good range of different angles that will interest viewers of my photos. There are too many people who stand in the one spot and share their internet gallery on Facebook or other social media where you sift through 300 photos of the same view, with the same composition and the only change being the paddler. I don't know about you but I usually find I give up after about three or four photos. Give the viewers a variety of perspective they haven't seen before.

If it's white water

river running or creek boating you're photographing, you have two decisions: do you focus on the paddler and the action or do you try and give the viewer the scenery to support the paddler. Often just zooming in on the kayaker you will lose the size of the drop therefore the viewer will have no idea of the scale. This is where the rule of thirds comes in. You may have seen many photos where the subject is off to one side or towards the top of the image. Well that's because the photographer has used the rule of thirds. The principle is easy divide your frame into three and position the subject on one of the intersecting lines. The most common shot you see these days is the waterfall on the far right of the image, with the paddler heading over or down the drop and the first two-thirds of the frame filled with beautiful scenery. This shot allows the viewer the chance to take in the whole .





POV action cameras

Now I have included this under composition and technique because of the developments in POV cameras and dare I say it drones. POV action cameras specifications are getting better year on year with a number of manufacturers producing a range of models – you can even grab one for under £100 these days – so how have they impacted on photography? Well let's face it – who actually takes their DSLR on the water these days? Yes there are bags to carry them in the back of your boat but it takes time to get them out, get set up and oh wait I've missed it! Can you go and run it again?

POV action cameras are waterproof, small in size and let's face it quick and easy to use, just point and shoot. Or are they? With advances in social media, the likes of Instagram have made POV cameras a great product to capture your adventures.

With POV cameras you have the opportunity to get new angles you never thought possible. Most manufacturers such as Contour, GoPro, Sony and alternates supply you with stick on mounts so you can mount directly onto most helmets or boats, paddles etc. If mounting to your helmet, be conscious that you may get part of your helmet peak in shot. I've seen some great shots mid-move by mounting a POV camera on a paddle blade, I'm sure you've all seen the clean blunt shot from the likes of Rush Sturges and a nice wave.

You can buy poles to mount your camera on the back of your boat to get a raised viewpoint, this is an excellent way to give the viewer a perspective of what it looks like to be there in the moment.

The selfie has taken over the world of the internet, so why not get a perfect kayaking selfie? Come on we have all tried it at some stage, popping a mount on your kayak and pointing your camera at yourself allows you to get some great shots in the middle of the action smashing through a wave, surfing a wave or even mid-drop. You can get a range of good accessories to help you these days. My favourite at the moment is the Joby Suction Cup. These attach onto any relatively flat surface where I've used mine on my creek boat, play boat, paddle and so far have had great success. They stick on well and allow you a range of new angles.

And don't forget with a wide range of poles and monopods available you can stand on the bank above a drop or feature and get some great shots if you have a remote or use the time lapse settings.

Other techniques

There are a few other ideas you can use these generally fall under post processing techniques such as converting an image to black and white, where often this technique can add a different mood to an image making it look completely different and with some careful processing you can really produce some sensational images in black and white. This can be quite trial and error so don't expect it to suit every image and try not to over use it.



Another technique you may have seen is the use of selective colour. I use this when I want to promote a certain brand or piece of gear. Selective colour is when you keep a single colour and convert the rest of the image to black and white this can be used to emphasise part of an image I used this really successfully on a photo of James 'Pringle' Bebbington hitting a Lunar Orbit on the inlet gate at Nottingham's HPP emphasising the blue colour in his hit and boat. I have also used it to take the viewers eyes off the background of an image or to remove the colour of water when the water is that lovely brown colour that gives us a funny stomach.

My advice to anyone reading this is to go out and change the way you look at kayaking. Start to see new shots, and of course a great way to develop your technique and composition is to go out and practise. Look at magazine shots, websites and of course always be looking for new angles. Another great way to get feedback is to get your photos online via social media, that way you will get feedback on your best images. Just remember do not share everything! Be selective share your top 5-10 photos using a range of angles and techniques and people will remember you for those and not the 200 repetitive shots. If you do produce something you're proud of don't be afraid to send them to magazines, as they are often looking out for covers from your adventures or recent competitions.



More from Dale at

www.facebook.com/DaleMearsPhotography
Twitter @DMPhotogrpahy

"We're about to put
a new twist on your
perspective."

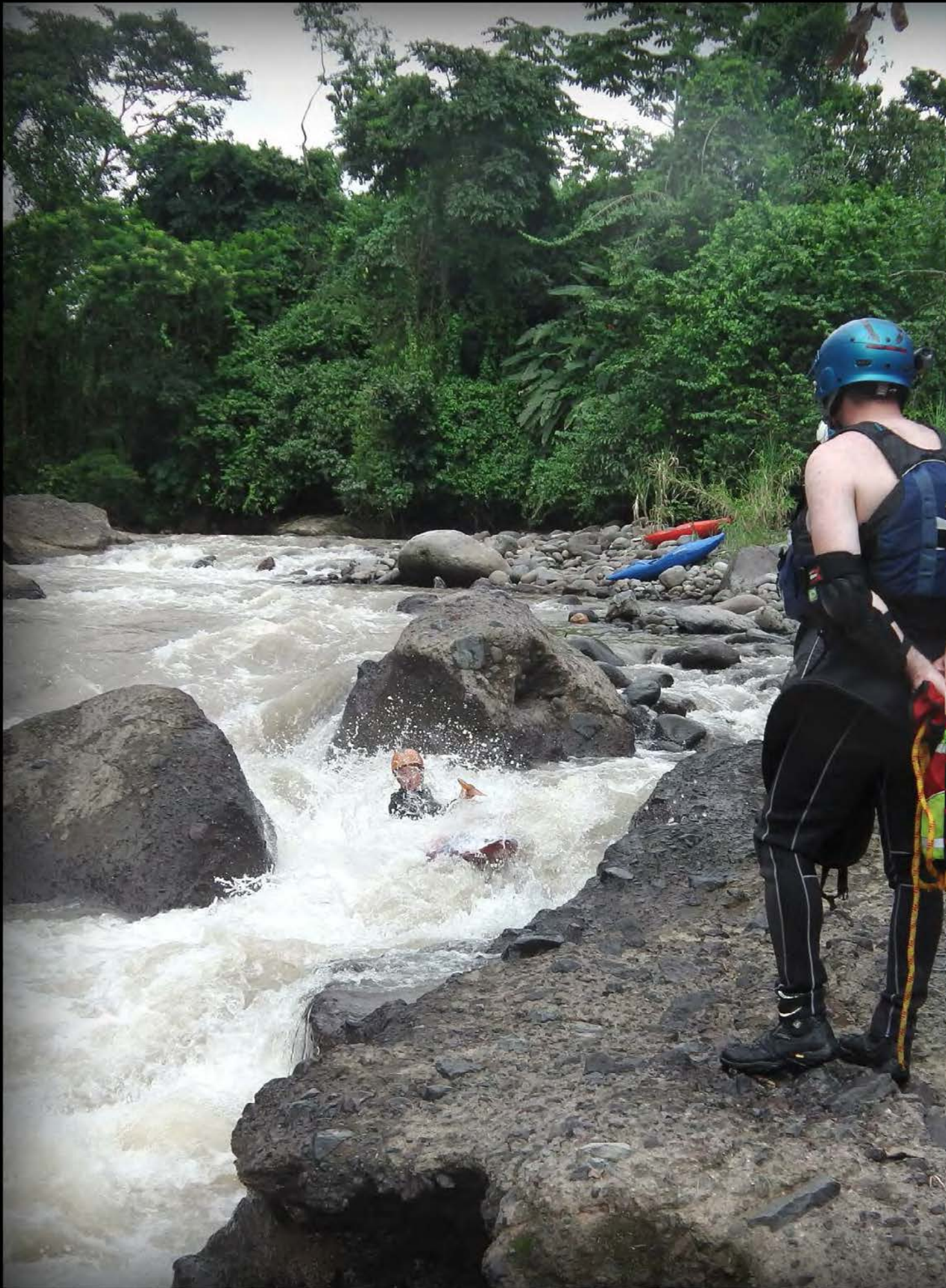


Suction Cup &
Locking Arm™

Joby.com or joby.com/suction-cup

JOBY®

[Twitter](#) | [Facebook](#) | [Google+](#)





FEAR & confidence

I close my eyes one more time and visualize my line, I look up from the eddy and see my Kayak buddy below the rapid, throw line in hand with a smile he gives me the thumbs up. I take one deep breath. It's time to go.

Confidence and self-belief are the big psychological challenges we all have to cope with when faced with the unknown or something that's going to take us way beyond our comfort zone. Overleaf are my thoughts and beliefs of how to deal with this and hopefully some of you can relate to this.

By Andy Holt

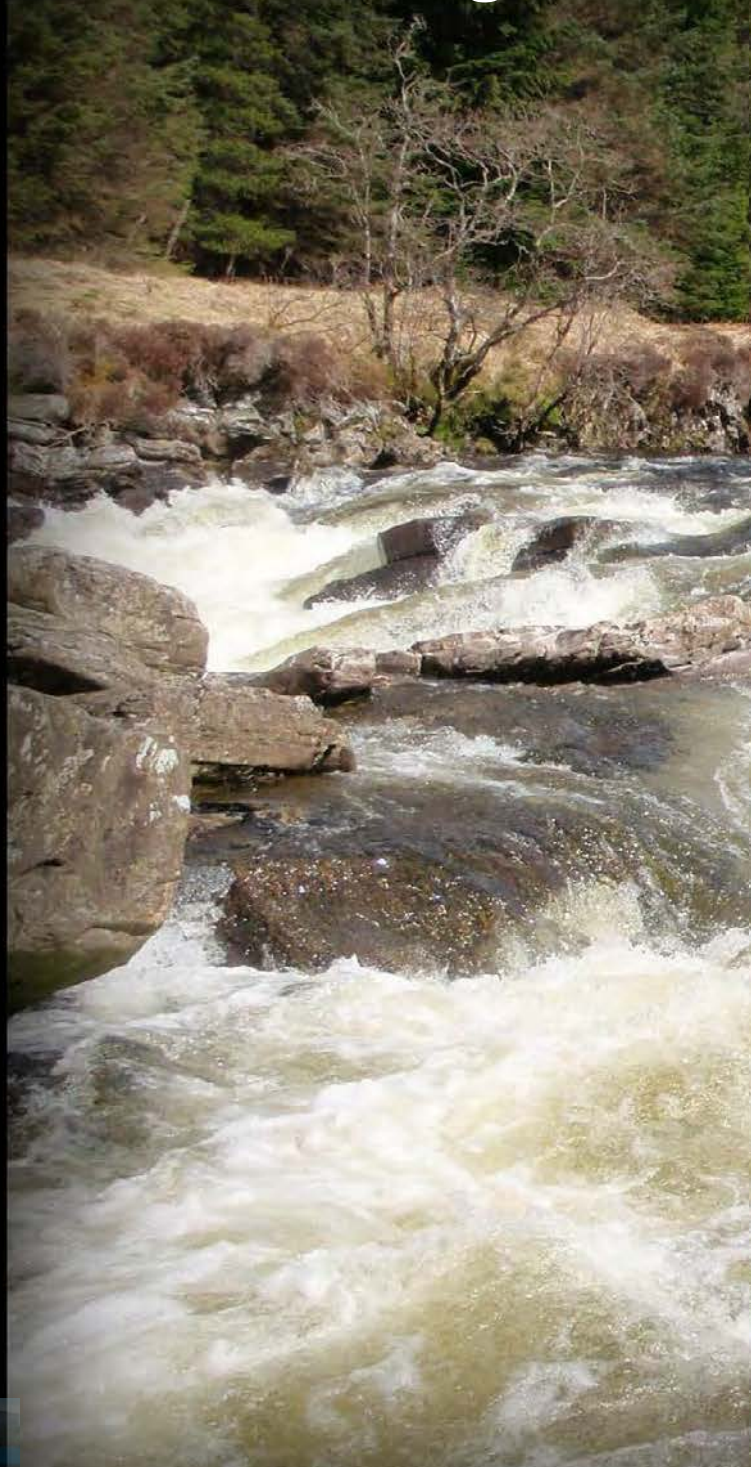
**BCU Level 5 Inland Kayak coach
Level 2 Canoe coach**

You step out of your boat above 'the rapid' and anxiety and fear take over. It's too big. I can't do it. I'm going to swim. We have all been there and no doubt will be there again. So how do we combat these feelings? First things first, ask yourself what type of fear do I have, is it I am afraid if I swim; I will hurt myself or if I get it wrong; I will be mad with myself and look an idiot in front of others.

So a fear of swimming or hurting yourself usually comes from past history (you have taken a nasty swim somewhere) or you have seen others take hits and afraid it will also happen to you. So to make you more relaxed about swimming I would suggest a white water safety and rescue course asap, as this will boost your confidence in swimming in moving water and give you the skills to self rescue. Next is having an understanding of what you are looking at, "Is that wall undercut. Will that hole flush" etc. So what we are doing is eliminating the danger in swimming so the thinking is, "If I swim it's safe" and so what! If you don't know if it's safe then ask more experienced paddlers around you. Remember if you have had an unpleasant swim in the past, try and think about how many times you have actually swam and nothing happened.

Lastly, do you have confidence in the paddling crew around you. Do they have the skills and quick reactions to pull you out if need be? Fear of getting it wrong with yourself or in front of others also known as the 'fear of failing'. Now this is a hard one and depends on the type of person you are. I have this fear of failing in front of others but that's because I coach and in my mind the coach shouldn't swim in front of the clients. However, when I paddle with my regular crew I am not so bothered about getting something wrong as they are not bias, nor do they make fun and respect any decision I make whether it's to walk a rapid or not. So again I can't stress enough about having the right crew to paddle with. As for getting things wrong and beating yourself up about it. Next time ask yourself, why did I get it wrong, as this will instantly make you think about reversing the wrong and what do I need to do to get it right – whether that's technical, tactical, psychological or physical. Remember we all fall for a reason and actually we need to fall sometimes so we can pick ourselves back up and learn from it. Kayaking is a leisure sport no matter how extreme you make it and is supposed to be fun – not a math's exam. So what if you swam, laugh it off and try again!

Understanding fear





Remember fear **is not real** – it's just an

apparition in your mind

of something you think may happen but **in reality** hardly ever does.

Inner and outer you

We have all had one of those perfect runs, you know, the one where it all went perfect. You can't remember the lines or the strokes but just remember getting off the river absolutely elated with big smiles feeling very humble and a sense of achievement. These are the days we long for where we are not thinking about fear, skills or hazards and just flowing at one with our boat and the environment. This is the outer you — not thinking but just doing which takes time similar to learning to drive or talk a new language. For most of us we have the inner you trying to control you. This is that little person whispering in your ear telling you it's 'too hard' or supplying you too much information and self-doubt. We need to control the inner you and tell them to be quiet! Self-talk and self-belief as mentioned below can control this or another technique other paddlers have include putting their mind somewhere else whilst paddling or even singing a song in their head or out loud can work as well. Some will listen to their favourite music on the way to the river. Again this is focusing the mind and not letting inner you take over. We need to be outer you as much as possible when looking or running rapids.





Technical and tactical

As we get better then we need to increase our skill level and tactical river knowledge. Lots of river time and paddling with better boaters than you plus professional coaching will make you more confident as you step up the grades knowing what strokes are needed, the speed, how to use the water and knowing what features are doing and how they will affect your outcome. Cracking your white water roll technique is essential as this will boost your confidence tenfold, knowing that if you get it wrong you will just roll it and the above fear factors won't step in. In reality if you want to become a better and more confident paddler in white water then you need to put the time in. Paddling once a month on the canal with your local club and a couple of white water trips a year just won't cut it.

Comfort to Panic

In order to get more confident in our paddling we need to know where in our comfort zones we will progress the most both mental and physical. If we stay on our local lake, river or stretch of sea and do the same thing month after month, year after year and get to know every inch of it means arousal drops, alongside enthusiasm and we are so comfortable in that environment that our progression drops. The opposite end of the scale is the panic zone, which is where you are taken into an environment that your skills and mental state are not ready for and therefore panic. Typical example is being shoved down a Grade 4 river and its only your second time on white water! So we have to find the happy medium in order to progress and build our confidence, which is the stretch zone. This zone is in between the comfort and panic zone where yes you are a little nervous of the rapid or exercise but it's not too easy so will test your skill but not too hard and if anything happens it will be OK. Getting out into different environments and putting ourselves into our stretch zones is where 'you will' progress the most both mentally and physically.

Visualisation

When you look at a rapid, instead of focusing on the hazards such as rocks, stoppers etc, look at the line in and around the middle ground and the exit then close your eyes and visualize yourself running it perfectly where you have ended up in the eddy at the bottom with a huge smile. Your mind is now prepared and has already seen the line and consequently, the body will follow. Some people can even take this further and visualize the actually strokes needed within the rapid. If you get this right you won't even see the hole or the rock as your mind is focused on the line and outcome only.

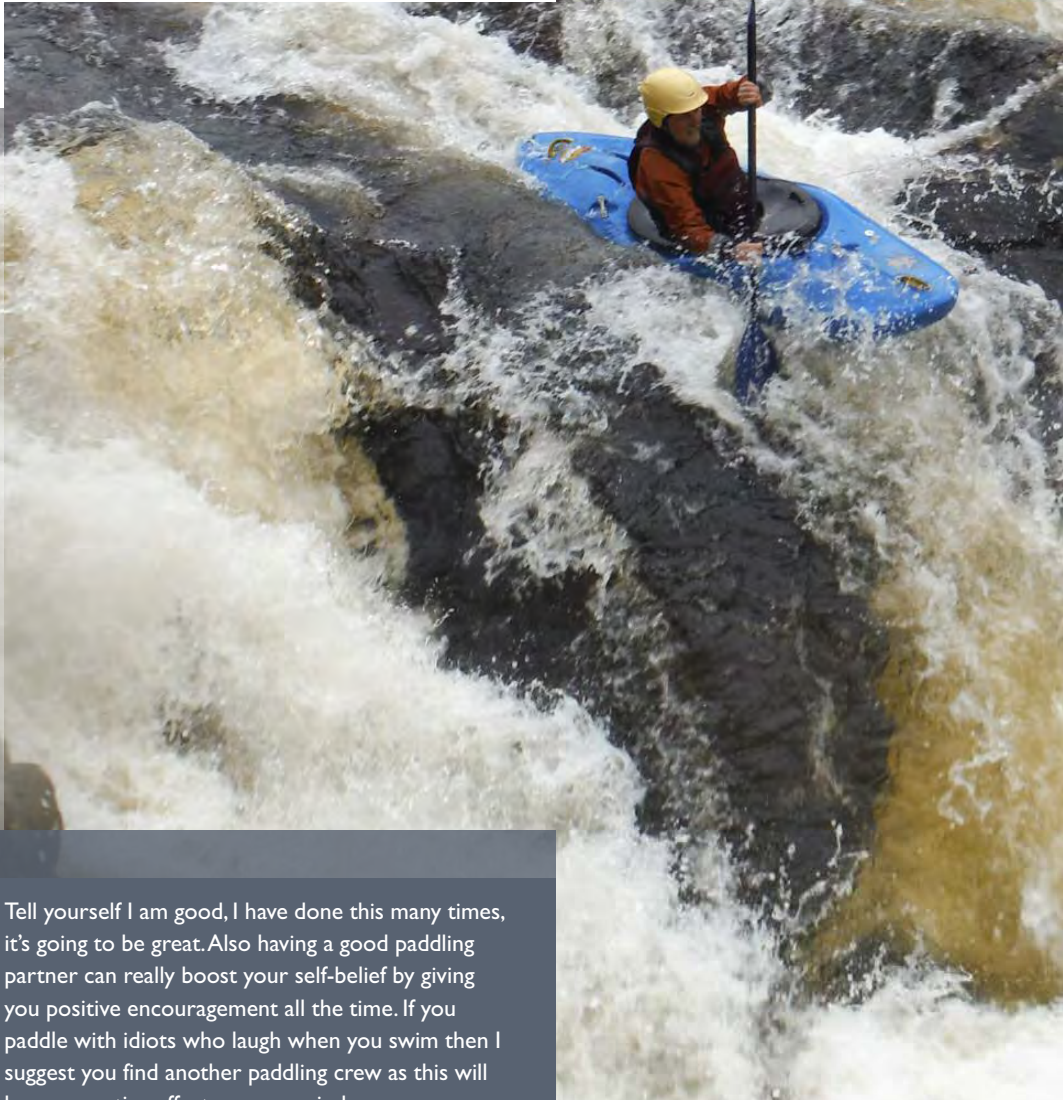
Rewinding the mind is another great tool to have if you have a very similar or even the same rapid you may have done in the past. Think back to when you did this move — what did you do? Ahh I know, I remember it now and even if you didn't get it right last time, by rewinding the mind you should know why and this time do something different. Also if you are having a bad day sometimes putting your mind back to a perfect river day can get you focused again and get rid of that self doubt.





Self belief

I see loads of talented boaters out there who can paddle better than they believe especially female boaters. A great thing to do is give yourself some positive talk before you start the move or exercise — never be negative! This is a big one for me as I am not the most talented boater out there by any means but what gets me through the big stuff is positive self-talk and self-belief. This may seem like a big ego trip but you wouldn't get Ben Marr above a 60-footer thinking, "I think this may break my legs". No, you will get "OK boys are the cameras rolling as you watch me nail this".



Tell yourself I am good, I have done this many times, it's going to be great. Also having a good paddling partner can really boost your self-belief by giving you positive encouragement all the time. If you paddle with idiots who laugh when you swim then I suggest you find another paddling crew as this will have a negative effect on your mind.

I hope this article will give you a better insight to fear and confidence and remember to keep smiling out there.

Article by Andy Holt
www.escapetoadventure.com





Your Mothership is Calling *Just Bring Yourself*

Treat yourself to an all inclusive, live aboard mothership tour in the Bahamas.

www.kayakvoyagers.com

509-778-2145



SUP Paddler

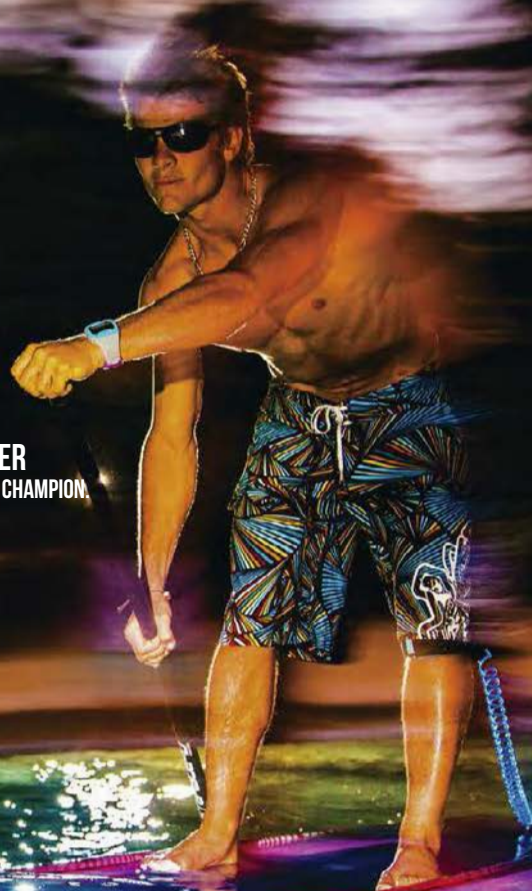
- 054 United States
First Waves by Ian Smith
- 062 South Africa
Dusi Marathon by SUP part 2 by Corran Addison
- 076 Interviews
Judie Vivian, Zane Schweitzer & Jo Hamilton-Vale



ALLSTARS

WINNING SHAPES: LIGHTEST WEIGHT, EFFICIENT FLEX, AND EXTRA STRENGTH.

ZANE SCHWEITZER
2014 EUROPEAN CUP CHAMPION



STARBOARD



ALL STAR
Surf/Downwind

14'0" X 28"
14'0" X 25"
14'0" X 23"
12'6" X 28"
12'6" X 26"
12'6" X 25"
12'6" X 24"



SPRINT
Flat Water

14'0" X 23"
12'6" X 25"
17'6" X 23"
(UNLIMITED)



RACE

14'0" X 27"
14'0" X 25"
12'6" X 27.5"
12'6" X 25.5"



ACE

All Water

14'0" X 25"
14'0" X 23.5"
12'6" X 25"
12'6" X 24"
17'4" X 28"
(ACE GT)



ASTRO RACER
Inflatable

14'0" X 26"
12'6" X 26"

INNOVATION QUALITY
STARBOARD

With light, durable award winning performance designs, Starboard continues as the trendsetter and world leader.



www.starboardsup.com
www.facebook.com/starboardsup

FLIP Wave



RST

"Most people are on the world, not in it -- have no conscious sympathy or relationship to anything about them -- undiffused, separate, and rigidly alone like marbles of polished stone, touching but separate."

- John of the Mountains: **The Unpublished Journals of John Muir**

The magic of surfing a wave or riding the current of rivers is that in a single moment our perspective changes and we become one with our planet. We quickly realize the futility of fighting the unwavering power of nature and lose ourselves in the grace and fluidity of letting it flow through us as we flow through it. As whitewater paddlers and river surfers, we are offered the chance to share these experiences, thereby inspiring a care for an environment that we then see unites us. We forge relationships with others, confidence in ourselves, and compassion and respect for the natural world. This realization was the motivation behind First Waves, a program that introduces teens facing adversity to the conservation, enjoyment, and sharing of our waterways.

Feature by Ian Smith





When I first sat down with David English,

then of the Sprout Fund, the program began to take shape. The Sprout Fund's mission is to "enrich the Pittsburgh region's vitality by engaging citizens, amplifying voices, supporting creativity and innovation, and cultivating connected communities." David's experience at Sprout and keen eye for planning helped fuse my passions for standup paddling, filmmaking, and conservation into an initiative with a reach beyond that of just Pittsburgh's youth. Taking the framework established with partnerships from the Pittsburgh Filmmakers, Paddle Without Pollution, Big Brothers Big Sisters, Body Glove, ULI Boards, and SurfSUP Adventures to create a first-of-its-kind program with a goal to enhance awareness of waterway conservation by teaching teens to catch their first waves and how to document and share the experience through filmmaking. Participants would be selected from Big Brothers Big Sisters of Greater Pittsburgh, none of which had any experience in whitewater or on standup paddleboards.

Youth Media Group

The inaugural phase of the program launched on August 9th, 2014 at Greenhouse Park near Johnstown, Pennsylvania. The park is situated on the shores of the Stonycreek River where a standing surf wave and class-II rapids provide a perfect venue for introducing river surfing, whitewater skills, and river safety. To kick off the program, Susan Howard and Louis Cappa of Pittsburgh Filmmakers Youth Media Group instructed the students on how to properly use a digital video camera, the elements of a quality shot, and how to conduct interviews.

Surfing and paddling, however, was not the sole source of the group's excitement. Simultaneously, the film crews were wading in the water, clamouring on the rocks, and even swimming through whitewater to get unique angles and capture the experience. They used a variety of technologies including waterproof POV (point of view) and digital cameras. Once everyone was off the water, the students did a final interview to bring an end to the day's activities. With the footage in the can, the experience was an incredible success. Not only did the program offer an immersive education on filmmaking, paddleboarding, and whitewater, but also engaged teamwork, critical thinking, and an extensive workout and balance exercise. Residual benefits included overcoming the obstacles of being interviewed and on-camera while also dealing with the environment of swift-water. These challenges are the foundation for growth and part of what makes whitewater such an effective environment for inspiration.

The students collaborated on open-ended questions and once everyone had been interviewed, it was time to get in the water.

I gave a discussion about whitewater safety and divided the group into two teams. One team would be in the water learning about standup paddleboarding, whitewater, and river surfing while the others shot footage of the experience and conducted further interviews with the surfers. Within minutes, any worry about being on camera in a new place was devoured by intensity, focus, and enjoyment. The captivating power of river surfing and whitewater took hold faster than we could have imagined. The wild hooting echoed through the valley and ear-to-ear experience. Within the next hour, each participant was able to stand up on a standing river wave. Some surfed prone while others and catch his or her first ride on a board were standing, but everyone felt the invigorating experience of being propelled by the force of the river.

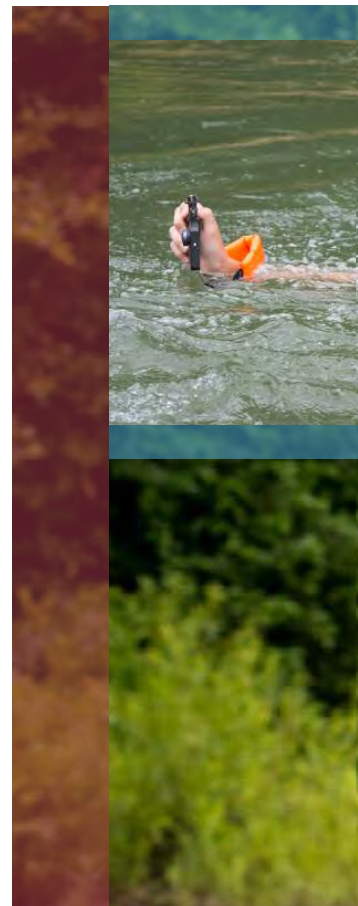
Not only did the program offer an immersive education on **filmmaking, paddleboarding, and whitewater**, but also engaged teamwork, **critical thinking**, and an extensive workout and **balance exercise**.

Two weeks after the river surfing and filmmaking workshop, First Waves began the second portion of the program. This time, instead of surfing river waves and running rapids, participants utilized their paddling skills to access difficult to reach sections of the Monongahela River in order to remove litter and pollutants. The bustling streets of Pittsburgh's South Side and garbage-strewn banks of this industrial section of river proved a stark contrast from the river surfing event.

David and Melissa Rohm of Paddle Without Pollution facilitated the conservation workshop and cleanup initiative. Paddle Without Pollution has found a way to not only rehabilitate local waterways and shorelines, but to make the process fun. Teen participants and adult volunteers alike competed to see who could find the most interesting, shocking, and potentially disturbing items. Additionally, prizes were given out to the person that hauled the most garbage on their board or kayak. Utilizing their balance and paddling techniques learned at the whitewater

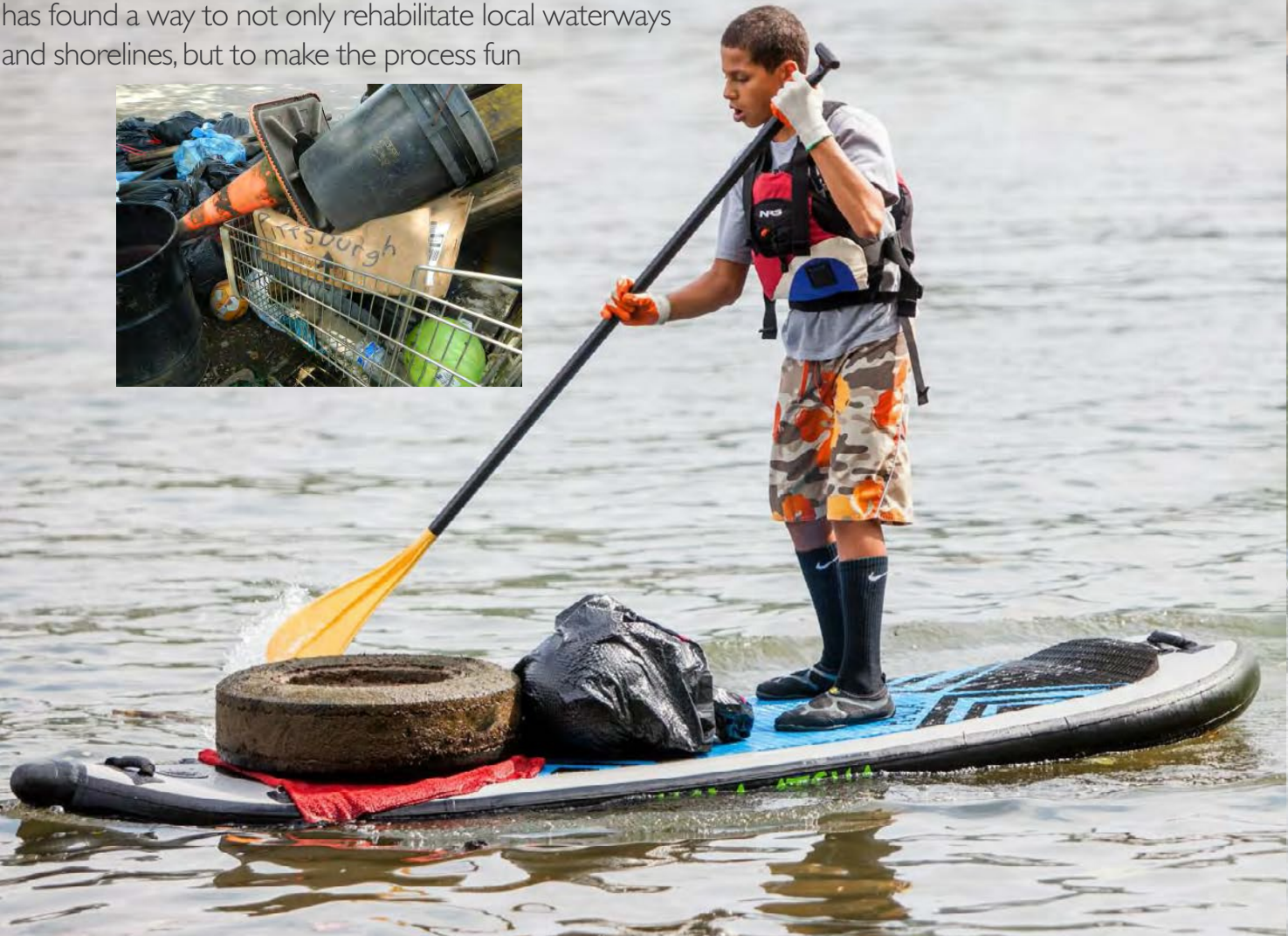
workshop, the First Waves armada could be seen with piles of garbage bags, several tires, and a fully intact shopping cart atop their paddleboards and kayaks.

In addition to removing trash, participants continued to document their experiences under the guidance of the Pittsburgh Filmmakers. Shore-breaking barge waves, messy conditions, and wading in waist deep water forced First Waves to adapt their filmmaking plans. Despite challenging conditions, the team was able to use dry-bags, waterproof POV cameras, and their paddling skills to ensure they were in position to get quality shots of the conservation efforts. Through the tenacity and hard work of First Waves and Paddle Without Pollution, their goal to remove at least 500 pounds of pollutants from the waterway was far exceeded. In total, the event amassed a heaping pile of trash in excess of one ton at the 18th Street Boat Launch at South Side Riverfront Park.



Paddle Without Pollution

has found a way to not only rehabilitate local waterways and shorelines, but to make the process fun







To conclude

the First Waves program and further extend the influence and reach of the program, participants took part in an editing workshop at the Pittsburgh Filmmaker's Youth Media headquarters. Their ambition was to communicate what they learned in a film that shows the exhilaration of paddling, surfing, and whitewater while also expressing the importance and need to protect the waterways that connect us all. Through the power of their experiences, this was an outcome the participants derived organically. It was not something that had to be explained or preached, but rather felt intrinsically as a vitally important message. During her interview after the cleanup, one participant remarked, "We saw a guy drop his trash and just leave it there. We said something but he just lit a cigarette and walked away... That's what made me angry."

While Muir may have been right about the disconnected society we have become, First Waves has shown this is not a fate we are condemned to. We are capable of understanding and sharing how special our world is and facing head-on the challenges presented to make it a cleaner and better place. The camaraderie, exhilaration, and satisfaction we attain from paddling and filmmaking is one way to inspire these aspirations. Catching that first wave can propel us towards a future where our polished stones lie together as the foundation of the rivers that connect us, provide us life, and make it one worth living.

Photos by Renee Rosensteel, courtesy of the Sprout Fund.



This project supported in part by the Hive Fund for Connected Learning at The Sprout Fund. The student-filmed video will be available in January. To learn more about First Waves and how to get involved, please visit, www.firstwaves.org and follow us on Facebook, Twitter and Instagram @firstwavesorg.

We would like to thank our partners; Paddle Without Pollution, Pittsburgh Filmmakers Youth Media, Body Glove, ULI Boards, and SurfSUP Adventures for their efforts in the First Waves project.

**KAYALITE®
KAYAK LIGHT**

**PATENTED
SECURE-ATTACH
TECHNOLOGY**

MARINE-GRADE

BRIGHT WHITE

SUBMERSIBLE

BUOYANT

IMPACT-PROOF

ROLL-PROOF

LOSS-PROOF

MADE IN USA



**KAYALU
GOPRO HERO
MOUNT**

**PATENTED
POWER-LOCK
SUCTION**

MARINE-GRADE

AERODYNAMIC

CORROSION-PROOF

LOSS-PROOF

IMPACT-PROOF

VERSATILE

ADAPTABLE

MADE IN USA



kayalu.com



Secure-Attach™ technology, US patents #8,814,111, #8,651,440. Made in the USA.

Day two started at 7am once again. I stood at the starting line, sore and tired from the day before. Beside me stood Dean and Jon, while Brendon was on shore with his board on his shoulder. The start of day two is a 500-yard dash to a compulsory portage around a low head dam. The option to run this on river left is a good one as it cuts the corner off the paddle, and reduces the time of getting out of your boat and scrambling up the muddy bank.



If you missed the first part of the Dusi Marathon feature - read it here:



The Dusi MARATHON²



As the starting gun fired

I jumped onto the wake of what looked like a rather large pair of paddlers, hoping they'd kick up something I could really use for a tow. They were large, their wake was big, but they were fast, and within a hundred yards or so I had to decide whether to burn energy staying with them, or drop off and conserve for what was going to be a long day. I decided to drop off the wake, and slogged it out on my own to the portage. Brendon's call was a good one, and as I was climbing up the hill I saw him hop onto his board and take off down river. By the time I was able to bash my way through all the K2 boats and climb onto my board he was a half mile ahead, and Dean and Jon had made up all the time they'd lost on the sprint to the portage.

Putting on I paddled with determination and within two miles I'd caught and passed Brendon. I knew I'd need all the distance I could get between us before we got to the portages where he was sure to excel, and neither Jon nor Dean were slouches either.

Just a few miles into the day, we came across the first of the two portages called the Saddles. Essentially you hike up over the mountain and back down to the river; cutting out a long loop, paddle across the river; take out and hike over the next mountain to cut out another long loop. I was sure Brendon, and possibly the other two, would catch me here, and I was surprised when none did. A quick march is about the fastest I can manage with my knees, but it seemed that I'd made enough ground in the short section before the portage to maintain my lead.

Established a good rhythm

The next eight miles were perfect for my paddling style and board. I established a good rhythm picking my way through the rapids, making fast time and passing teams of paddlers, while maintaining my lead ahead of them in the short flats between the rapids. Slowly but surely I moved my way up through the field as pile-up after pile-up of kayaks cluttered the rapids. My extra vantage point really came into play as I was able to make split second decisions as a line would close from a jammed kayak, or another would open. By now I'd found the sweet spot on my board to stand to keep it dry and fast through rapids, and had the "point and shoot" tactic of lining up a sketchy "straight line" through a cluttered rapid.

Not everything went smoothly, and I took a couple of falls into rock-infested rapids, bouncing my way down on my hips and ass. My shin protection did its job, as did the ventilated bicycle helmet I wore, but my hips were by mid morning bruised and beaten. By the time

we came up on the take out for the Ngumeni portage, I was actually looking forward to getting off the river and giving my arms a rest.

The joy was short lived. Ngumeni is a hard trudge straight up the side of the mountain in blistering heat. Using my paddle as a walking stick, I huffed and wheezed my way up the mountain, expecting at any minute to be passed by one, or all, of the other guys. Heartbreakingly, a father daughter team came blasting past me with their K2, running like they were being chased by lion.

Still, I continued to put one foot in front of the other until finally I reached the top of the mountain. There the welcome dousing with buckets of cold water; and the stuffing of ones mouth with the fruits and sweets that were on offer began. I dropped my board to the ground, and began the long walk back down the back side, with board in tow.

Finally when the river came back into view, I felt like Lawrence Of Arabia approaching Damascus from across the Sinai desert. As I reached the waters edge I reflected momentarily that neither of the portages had been as hard as those from day one. Things were looking up, and aside from the 10 miles of class 3 whitewater still to come, and the eight miles of flat water into a head wind across the lake of Inanda dam, things really seemed to be not so bad.

The 2015 Dusi will be raced in memory of founder and inaugural winner Dr Ian Player, who passed away on 30th November 2014.



My extra **vantage point** really came into play as I was able to make

split second

decisions as a line would close from a **jammed kayak**, or another would open





I was completely and utterly exhausted before the
lake paddle even began, and I set out with trepidation in
the howling headwind



The rapids came and went. Gumtree, Tombi and Hippo being the most spectacular and challenging class 3-4 sections of whitewater of the day. If I wasn't completely exhausted, it might have been fun. It was certainly a challenge to run these rapids standing on a board shaped like a knitting needle. Prior to this, if you'd asked me if it was possible to run rapids of this difficulty on a board shaped like this, my answer would most likely have been an enthusiastic "no"! I was surprised in fact by how easy it was, the extra length offering longitudinal stability so that all efforts to remain on board are confined to side to side instability.

I ached all of these hard rapids, standing (not drop knee, which was a personal challenge for me to prove that it can be done standing on this sort of board) until we got to the last low head weir called Gauging Weir. All three of the other guys had run this at low flows and describe it as "a non event". So you can imagine my shock as I paddled over the top of it with the high flows we had for the race and saw the giant recirculating hydraulic at the bottom.

My best burning man imitation

The board plunged into the wave at the bottom, and then impacted with a loud 'crack' the concrete bottom, making the only break I would sustain the entire race. I came to an immediate stop and flew over the front of the board in my best burning man imitation. I was already swimming away from the suck-back before I even hit the water – desperate not to get pulled into the wave at the base. I hit the water right as my leash gave a jerk, and for an instant it was hit or miss if I'd make it out. But I won the fight, and my board followed me out as the current grabbed my legs and pulled me rapidly downstream.

I was to find out later that day that all three of the guys had the same reaction as I had when they paddled over the top, all three diving off the boards to save themselves. Dean however was unlucky, and his board was sucked back into the base of the falls, where it remained for 40 minutes, being pounded by the water. Desperately he tried to fend off the little Zulu kids, who in their efforts to help, were risking their lives swimming into the base of the falls to rescue his board. One nearly drowned in the process, and Dean was at the end of his tether when two kids snuck behind him to get the board and actually succeeded in rescuing it.

Mentally exhausted from the ordeal, Dean was ready to call it a day and give up. He called his second on his cell phone to report his intent to quit when he was told that in fact he was only 20 minutes behind Jon, who'd had some trouble of his own further down. In a spurt of new courage, with a damaged board and lagging far behind, he decided that he was going to finish no matter what, and he set out once more.

By then I had arrived at the end of the whitewater section, and had begun the paddle across the lake. I was completely and utterly exhausted before the lake paddle even began, and I set out with trepidation in the howling headwind. I'd used up a lot of energy on the portages, and also in navigating all the rapids standing, rather than kneeling, and had perhaps unwisely used up most of my energy.

Sore and exhausted muscles

As I began the lake paddle, the wind direction shifted from a head-on wind to a 45 degree side wind, and things got worse. Unable to switch sides from time to time, evening out the strain on sore and exhausted muscles, I began the eight-mile slog doing sweep strokes on the left side only, while side waves slapped and rocked my board continuously, making it impossible to even rest my exhausted lower body.

My average speed dropped from the 9mph I'd been doing on the moving river to about 3mph, and at times doing not even 2mph. The wind came in spurts, howling head on, then shifting to the right and battering me from the side. Slowly all the K2 teams I'd passed all day long came by me, and my heart sank.

My energy was all but gone. My feet were cramping, my arms now devoid of any strength. My back hurt, and my legs jumped with what rock climbers refer to as "sewing machine leg" from the effort of keeping the board upright. As I came around a bend in the lake after an hour I hoped that I'd see the finish in the distance on the right. Instead, the lake stretched out before me as far as I could see and then made a new right turn in the hazy distance.





The K2 teams, also exhausted, paddled past me, whispering words of encouragement as their seated bodies offered less than half the

surface area to the wind



And still the wind battered

and laughed at me. Twice I fell onto the board, unable to stand. More than once I faced a head wind so fierce that despite my efforts I was going backwards, the skeg working as a pivot point causing the board to swing sideways, requiring double the effort to straighten it out, using critical energy needed to go forwards. The K2 teams, also exhausted, paddled past me, whispering words of encouragement as their seated bodies offered less than half the surface area to the wind, their rudders kept the kayaks tracking straight, and their combined four paddles motored them forward into its ferocious howl.

"Just two more miles" a team cried in misplaced encouragement as they passed me.

My heart sank. TWO MILES! It might as well be 10 miles because I didn't have the two in me.

And still I pulled, my legs working like pistons over the rocking board. As I closed the gap between the shoreline and myself I visually noticed that I was moving forward, and it gave me renewed strength. Finally in the distance I saw the tents and heard the beating music from the finish line, and when I finally crossed it I collapsed onto the board and began to cry.

I had nothing left

As the tears of joy that I'd made it mixed with the pain and cramps of my spent body, I slid off the board into the water where I lay for a minute, unable to move. Finally, I attempted to stand, and faltered. I had nothing left. I was unable to even get out of the water, and two paddlers rushed in and grabbed me, assisting me up the bank, while another pair retrieved my board. I'd done the day in 6hrs 17min, and had used up every last ounce of energy I had. There was nothing left.

Forty minutes later Jon crossed the line. He looked exhausted, and as he stepped off his board he announced, "I need to lodge a complaint. I cheated and ran part of the lake paddle". No one paid him any attention. No one cared. About 20 minutes later, with a time of 7hrs 19mins, Brendon arrived, equally exhausted, and limped off his board onto shore where he collapsed.

After an amazing 8hrs 36mins Dean finally arrived, burnt, wind beaten, with a waterlogged board, and stood off it smiling. The award for tenacity certainly goes to Dean after such an ordeal, and he seemed

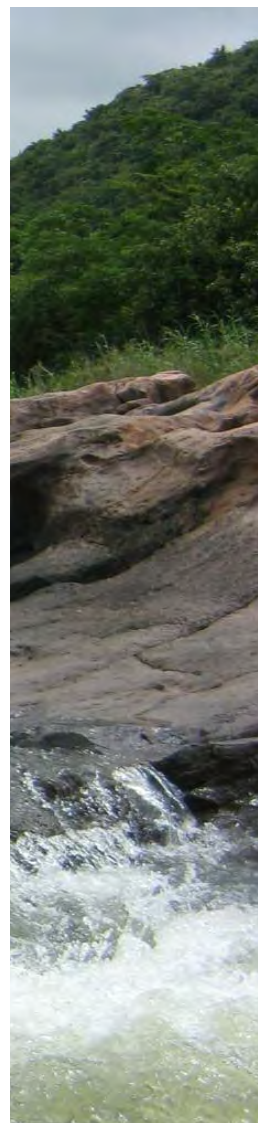
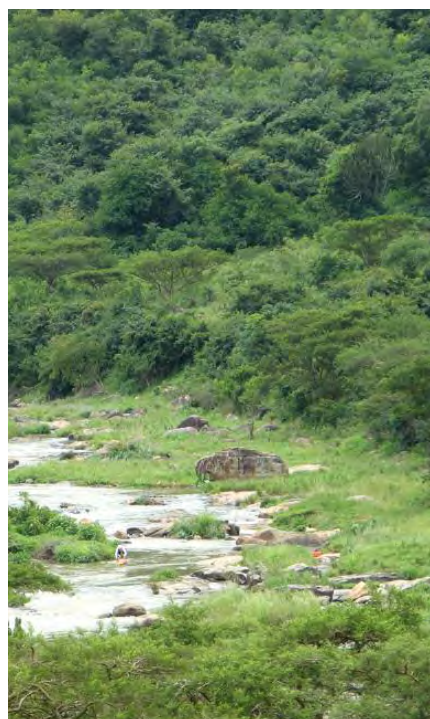
visibly unshaken by the days' events. We drag our boards into the overnight staging area, and left for some desperately needed sleep.

Unlike day one and two, day three is a reverse order start. The idea is to have the race winners cross the finish line in Durban around lunch time when the largest crowds are there. The result of this is that our start was now set for 6am. This translates into a 3am wake up time; something we were not thrilled about. However the flip side of this was that the earlier we got down to the seven-mile flat water paddle, the less chance there was of head winds, and after the previous days experience, this was desirable.

A few days before the Dusi, Dean and I had done a 'mock run' of two-thirds of day three, and I'd completed the seven mile lake paddle in 61 minutes with howling head winds and low water (no flow, and bottom drag). Now, we estimated, we'd hit the beginning of the lake at high tide, and benefit from having four times the river flow and out-going tides. The only mystery was the head wind. How lucky would we be.

It was barely light when the starting gun cracked for our start. I'd picked out a K2 crew from the previous day that I knew was a little slower, being in an older wider design, and set myself up alongside them. As soon as they took off I jumped onto their wake for the 2.5 mile sprint across the lake to the dam wall. Within 10 minutes I'd almost lost sight of the other three SUPs as I drafted the K2. While I was using more energy than I should have, needing to conserve for the final lake paddle, I decided that the tow across would be worth it.

Arriving at the short one-mile portage on the tail end of the K2s, I glanced back across the lake as I lifted my board onto my head. I could barely see the other three in the dim morning light, and I decided right then that I was going to make a real blast of it. One real portage was an option for day three – Burma Road. This portage is as hard as it gets, but it's significantly faster than paddling the river. It also cuts out the best whitewater of the entire race, and I was hardly going to fly half way across the world and then run around the best part of the rapids. So to win I surmised I needed to really get ahead before Brendon got to Burma Road.



For the first time of the race

I decided to risk running a portage (there was the possibility of damaging my knees making even paddling painful or even potentially impossible). With board on head I sprinted up the hill, yelling at the race official, "When the other SUPs arrive, tell them I said that's how it's done!"

As soon as I crested the top I dropped the board to the ground, grabbed the nose tether, and raced down the hill as fast as I could, the board bouncing and skipping behind me.

Topps Needle is the first rapid of the day, and one of the hardest on the river. It's where the 1992 Olympic team trials were held where I made the South African team winning the race by 22 seconds – in a sport where you win by tenths of a second. The rapid holds a special place for me, and I was torn; do I try to run it from the top, and risk a bad swim, or opt for the portage and then just paddle the run out?

The best of it in this case means to remain standing for about 30 feet before being thrown off. I bounced and smashed my way over rocks, taking hits here and there, before climbing back on right as I came to the confluence with the spot the kayakers were entering the rapid. I was instantly struck from the side, and fell off again. Swirling about in the high flows, I once more climbed on, stood up, went another 20 feet, connected a rock sideways, and was unceremoniously thrown off again. As I floated, exhausted into the pool below the rapid, aching from the rock impacts, I took a brief moment to scold myself in regret for a hastily ill-made decision.

A dozen boats were glued to me


A sigh, a deep breath, a moment to get myself back together, and I dropped my skeg, put my head down, and took off at a sprint. This is a section of river I know. While it had been years since I'd run it, the lines



I decided to run around, making the critical decision as I got to the portage fork. However, within a 100 yards I was in a traffic jam of kayakers, all waiting to get in. I turned and began to bushwhack through the trees and brush until I got to the rapid. I was right at the top, but not where I could make it across to river right where the clean line was. From where I was the line was a jumble of rocks and waves. It was all the risk of running the rapid from the top, with none of the chance of actually making it. But I had nowhere to go, so I dropped the board into the water, jumped on, and made the best of it.

came back to me as I entered each rapid, quickly passing team after team of K2 crews in the whitewater. Eventually I had some followers who realized my lines were fast and clean and within a few rapids a dozen boats were glued to me following. Some made it... some did not, as I chose risky but fast lines down the high volume whitewater.

Two choices were to dominate my thoughts. Do I run the Island rapids, or portage, and do I run Power house or portage? If you're clean, they're fast. If you're not it could end your race. Both solid class 4, with multiple hard moves over ledge drops into large

A full-page background image showing a kayaker in a red kayak navigating a rocky river rapids. The water is turbulent and white with foam. The surrounding landscape is lush green with trees and bushes. The kayaker is positioned in the middle ground, slightly to the left, moving towards the right. The text is overlaid on the left side of the image.

The nose of my board caught a shelf half way down, spun the board and **threw me off**. I landed ass first on the **rocky ledge**, rolling onto my chest and slid down the rest

face first

waves coming at you from all sides. I'd run both the year before on a paddleboard, but that was with my wide and stable Streetfighter; when I was fresh and rested.

I decided that while they were the most fun rapids of the day, the smart choice after the Topps Needle fiasco was to run around them. But lurking in the back of my mind was the knowledge that Brendon, and perhaps Jon, would run Burma Road. How much faster would they be?

I jumped out above island one, sprinted around, and put into the small side channel that flowed past island two. This you pick your way through before going over a rocky ledge about five-foot high. I should have jumped off the board and walked around the ledge. I know that now. But all I could hear was "tick-tock, tick-tock" and the mental picture of Brendon sprinting up Burma Road. It was a real race of paddler vs runner:

The nose of my board caught a shelf half way down, spun the board and threw me off. I landed ass first on the rocky ledge, rolling onto my chest and slid down the rest face first, barely missing a rock at the bottom with my chin. As I came to a stop my board clobbered me in the back and I felt all the air expend out of my lungs.

Beaten and bruised body

I wanted to just lie there for a minute, but the cry of "watch out" came as a K2 team dropped into the slide heading right for me. I dove out the way as they slammed into my board, and second team right behind them. I grabbed the board, yanked it out of the way, and hoisted my beaten and bruised body onto it.

The next six miles of class 3 whitewater had me moving at an average speed of about 9mph. The water was high and flowing quickly and I put an emphasis on clean fast lines through the rapids, then pulling hard on the short flats in-between. Very few K2 teams passed me here, and right after the Powerhouse portage, a team yelled "the other guys are miles behind you, boet", using the Afrikaans term for "brother". Burma Road comes in above Power House, so even if they had run over the top, this still meant I was ahead. This small victory brought a smile to my face.

This was the stimulation I needed, and as I exited the flowing river and entered the lake paddle that would take me to Blue Lagoon and the finish in Durban, I bolted down the hatches and started to make a real push. There was no need to conserve energy any more. This was the last day, and the last drive to the end. I could use it all up, and I did.

With the tide going out,

and the river pushing 25 cubic meters per second (about 900 cubic feet per second), the head wind was less of a problem than it had been in my trial run to the finish. I was able to make the paddle in about 40 minutes; 20 minutes faster than I had when I was fresh a week earlier; arriving at the finish in an all out sprint in 3hrs 49mins, being the first person ever to complete the Dusi marathon on a paddleboard. A respectable K1 time for day three is 3hrs 30mins, so I was very happy with that time. In the end, I completed the race in a total of 15hrs 48mins. This is as predicted almost exactly twice the time of the leading K2 team that won in 7hrs 43mins.

Brendon came in next, with a time of 4hrs 33mins (after getting lost on Burma Road and loosing at least 10 minutes), one minute ahead of Dean who'd

paddled the same sections I had, and finally Jon who'd had some trouble in the whitewater sections, rolled in on five hours even.

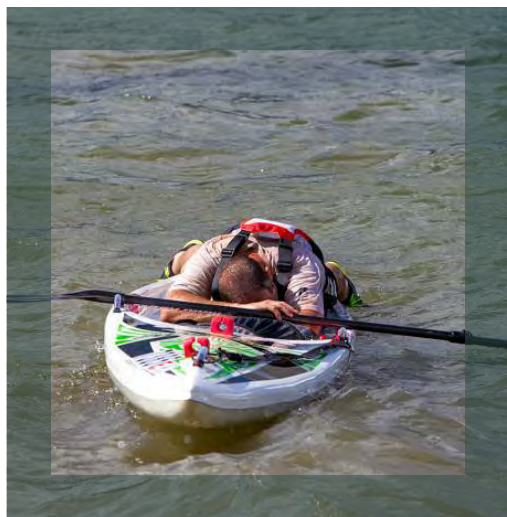
While we compared our times amongst friends in a friendly spirit of

competitiveness, none of us were there to 'win' the SUP class. We wanted to prove that it could be done, and open this race to SUP paddlers from all over the world. Brendon, who came in second overall with a time of 17hrs 35mins had never been on a paddleboard at all two months before the race, proving that an expert kayaker with river skills could learn the SUP skills necessary to complete this race. Dean was the person who had the most river SUP skills after me, while Jon is an experienced kayaker and ocean sup surfer. The skill sets amongst us were varied, but the results were the same: we all finished the race.

Hardest thing I've ever done

I can arguably say that the Dusi on a SUP is the hardest thing I've ever done. All three of the other guys agreed that it was significantly harder on a Paddleboard than in a kayak, but went on to say that they would all be doing it again.

We want to show a new face to SUP racing beyond the monotonous slogs across harbours and down the coastlines. This is a race that anyone who loves a real challenge, and wants to try something new within his or her SUP repertoire, can do. Whether you're a 'Molokai' expert, or a 'BOP' fanatic, if you paddleboard, and you want to really sink your teeth into something different, you need to put the Dusi on your bucket list.



Notes:

The next Dusi of 2015, to be held on February 19-21, is a K1 year, so the times of the top SUP paddlers will be much closer to the top kayaks than it was in 2014. The established rule for SUP in this race is a maximum of 520cm, with a minimum weight of 12kg, following the standardized ICF rules governing K1 and C1 marathon boats. Life Jackets must be worn. Helmets are optional but are STRONGLY recommended. SUP class might enforce a helmet rule due to the way SUP paddlers fall off compared to kayaks.

For more information about the Dusi, goto: <http://dusi.co.za/>



Team Rider Justin Bing
COREBAN
STAND UP PADDLE BOARDING

Available in brushed carbon and pure construction . Image : Tim Hordyk - Durban, South Africa

EVERY COMPANY SHOULD HAVE A PRODUCT RANGE THAT DEFINES WHO THEY ARE. PRODUCTS DESIGNED BY VISIONARIES, MANUFACTURED BY WORLD CLASS CRAFTSMEN AND TESTED BY SOME OF THE MOST EXPERIENCED AND TALENTED WATERMEN. PRODUCTS THAT AMAZE & CHALLENGE OPPOSITION. PRODUCTS FOR YOU. COME RIDE WITH US.

Dealer enquiries : info@coreban.com | www.coreban.com



CorebanSupGear



SUPM

stand up paddle mag uk



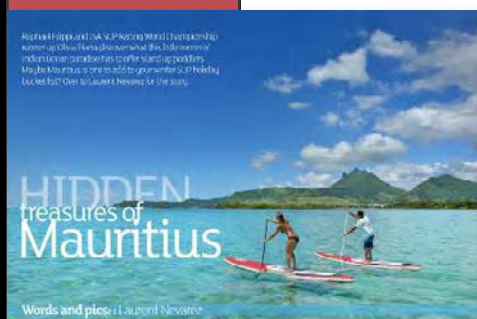
SUPM

SUP Mag UK is your one stop shop for all things stand up paddle related from our green and pleasant land. Awesome travel features, spotlight focus interviews, with the stars of the sport, grass roots level reports, gear reviews and everything else in between. **BIG savings** over the printed version also comes with support for mobile devices - no need to install apps at all with HTML5! Optimized for all major mobile platforms including iOS, Android and Win8. And it's available in print. Printed on top quality matt paper with thick laminated covers - it's top notch!

To subscribe to the digital copy visit: <http://joom.ag/fbqb>

Prefer the app? Download the Joomag app from <https://itunes.apple.com/us/app/joomag/id454833442> and read your purchased ezine through the app on IOS.

To subscribe to a printed copy visit: www.standuppaddlemag.co.uk/subscribe.html



The printed paper copy costs £6.99 inc P&P for a single issue or £19.99 inc P&P for a subscription of three magazines.

Due to demand, next year there will be four issues starting in February 2015. Please check the website for details and yearly subscription rate.

If you have any queries please
call: 01480 465081
Email: subs@thepaddler.co.uk



NEW POWERBLADE 2015 MODELS NOW IN STOCK

20% LIGHTER CONSTRUCTION...NOW JUST 500G

3K CARBON OVAL SHAFT INCREASES LATERAL STIFFNESS

HIGH CADENCE CURVED BLADE FOR IMPROVED STABILITY

SUPER TOUGH CARBON / KEVLAR BLADE CONSTRUCTION



STAND out.



Come visit us at
www.sickstick.co.uk
to see our full range



**EXPLORE
OUTSIDE**
ADVENTURE TRAVEL GREECE



CUSTOM SEA KAYAKING HOLIDAYS IN GREECE

Village hopping in the North Aegean sea

ROUTE DESIGNED BY OUR AMBASSADOR HOWARD N. JEFFS

ADVENTURE JOURNEYS

"Sunshine, delicious cuisine,
comfortable accommodation,
unique locations to explore"

CHECK AVAILABLE DATES:

exploretheoutside.com/events

MORE INFO & TRIP DOSSIER:

hello@exploretheoutside.com

exploretheoutside.com

HENNESSY HAMMOCK

"The Coolest Tent in the world" dwell Magazine

<http://hennessyhammock.com>

(888) 539-2930 US/Canada 1-250-539-2930 International

Email: info@hennessyhammock.com

Experience 11 days of unique adventure,
barefoot luxury and kayaking in Madagascar

From £ 1,451 pp sharing

JENMAN
MADAGASCAR SAFARIS

www.travel2madagascar.com



Sea Kayak MILOS



Explore Milos Island, Greece 6 Day-trips with 8 nights
B&B for €560 pp.

Genuine hospitality, quality equipment, an amazing place
to paddle. BCU qualified coaches. We are open all year,

WWW.SEAKAYAKGREECE.COM



Canadian Wilderness www.paddlersinn.ca



Five minute interview with....



Judie Vivian

Founder of Standup for the Cure



What is Standup for the Cure?

Standup for the Cure is a US-based, private charitable foundation supporting the major breast cancer foundations globally to raise awareness of the importance of early detection of breast cancer and to find a cure.

How and when was it started?

In May 2010 I was diagnosed with breast cancer. Devastated and feeling alone and a victim, for several months I wouldn't tell anyone about my condition as I felt ashamed and could not face the 'sad eyes' and pity my disclosure would engender. One day watching my friends SUP paddle in Maui, my dear friend Shawneen Schweitzer asked me what was wrong and why I wouldn't paddle with her and I finally confessed about my recent surgery. Shawneen's reaction was so incredibly supportive and we started think of a fun way to help other women fight this disease... and 'Standup for the Cure' was born!

Rob, my incredibly supportive husband, helped set up the non-profit corporation and, at the suggestion of Jimmy Terrell of Quickblade, we met with Dan Van Dyck, who became our National Event Director. In England, we were fortunate to meet Georgina Land, Phil Sayers and Paul Hyman of Active 360, who became the Event Directors for London.

What is the mission of Standup for the Cure?

Standup for the Cure has the mission to raise awareness of the importance of early detection in the fight against breast cancer through fundraising events, featuring the sport of standup paddling, for families in the community. As your readers know, standup paddling is one of the world's fastest growing sports and we love it as it is easy to learn and offers a great form of exercise to breast cancer survivors and their families, with a concomitant improvement in their quality of life. The funds we raise in the US are donated to local affiliates of Susan G Komen, to support local underinsured women receive the breast healthcare they desperately need and funds raised in the UK are donated to the largest UK breast cancer charity, 'Breakthrough Breast Cancer'.

What makes Standup for the Cure different from other SUP events?

Standup for the Cure is designed to be a fun introduction to the sport of SUP with SUP lessons offered by the Zane Schweitzer Clinic pro-athlete instructors. Riviera Paddlesurf, our Presenting Partner, shares our commitment to introduce new people to the sport and so bring a fleet of demo SUP boards for everyone to try. Fun races ensue for those more experienced paddlers and the pro-athletes demonstrate serious race techniques.

Breast cancer education and awareness are key parts of the mission of Standup for the Cure and so we focus on this message during the event and with our community throughout the year. Talking about breast cancer is so important and the event offers an amazing opportunity for breast cancer survivors to feel support and not feel alone.

There's lots of tears and hugging as well as laughter and fun.

Ambry Genetics, our US National Title partner, offers genetic counseling and education at each event along with ongoing marketing and social media support.

In California, Kaiser Permanente Hospital Group became our corporate partner heading up our Health Expo, offering free breast exams and melanoma screenings to participants during the event. In Miami we partnered with Midtown Women's Center to offer these key screening exams. At both locations we are able to offer a new breast screening exam using digital tactile palpation called 'SureTouch', which does not use radiation.

The team from Susan G Komen share information about their grantee clinics locally for uninsured women as well as education about breast cancer. In London, Natalie from Breakthrough Breast Cancer was a great source of information and support.

Who are the global ambassadors?

Zane Schweitzer, European SUP Champion and top ranked in both the World SUP Tour and World SUP Series, became our first global ambassador and led our Guinness world record for the largest SUP clinic in the world set in May 2012.

Matt Schweitzer, World Champion Windsurfer, became our global Ambassador for our associated fight against Melanoma in May 2012.

Annabel Anderson, World SUP Series Female Champion, joined our global ambassadors in 2013.

Suzanne Yeo, local SUP Yoga fitness guru, joined our ambassadors after her own bout with breast cancer in 2013.

Georganna Wadsack, Susan G Komen spokesperson and breast cancer survivor, joined our ambassadors after speaking at our first event.

Joanne Hamilton-Vale, British SUP Champion, joined our global ambassadors in September 2014.

What's the future for Standup for the Cure?

To date, Standup for the Cure has raised almost \$400,000 (£250,000) for breast cancer charities through three annual events in Newport Beach and recently events in Miami and London. As a result of the positive impact to the community, Standup for the Cure has now been approached to run another five events in cities across the USA and also in Sweden in addition to Newport Beach, Miami and London.

Breast cancer affects one in eight women and so our vision is to take Standup for the Cure to every major city globally to reach out, educate and support women everywhere in the world.

Where can I find photos, videos and press releases ?

We have a 'media page' with links to photos, videos and press releases on our web site at the following link: http://www.standup-for-the-cure.org/?page_id=63



TWO SUPATHLETES

Joanne Hamilton-Vaughan





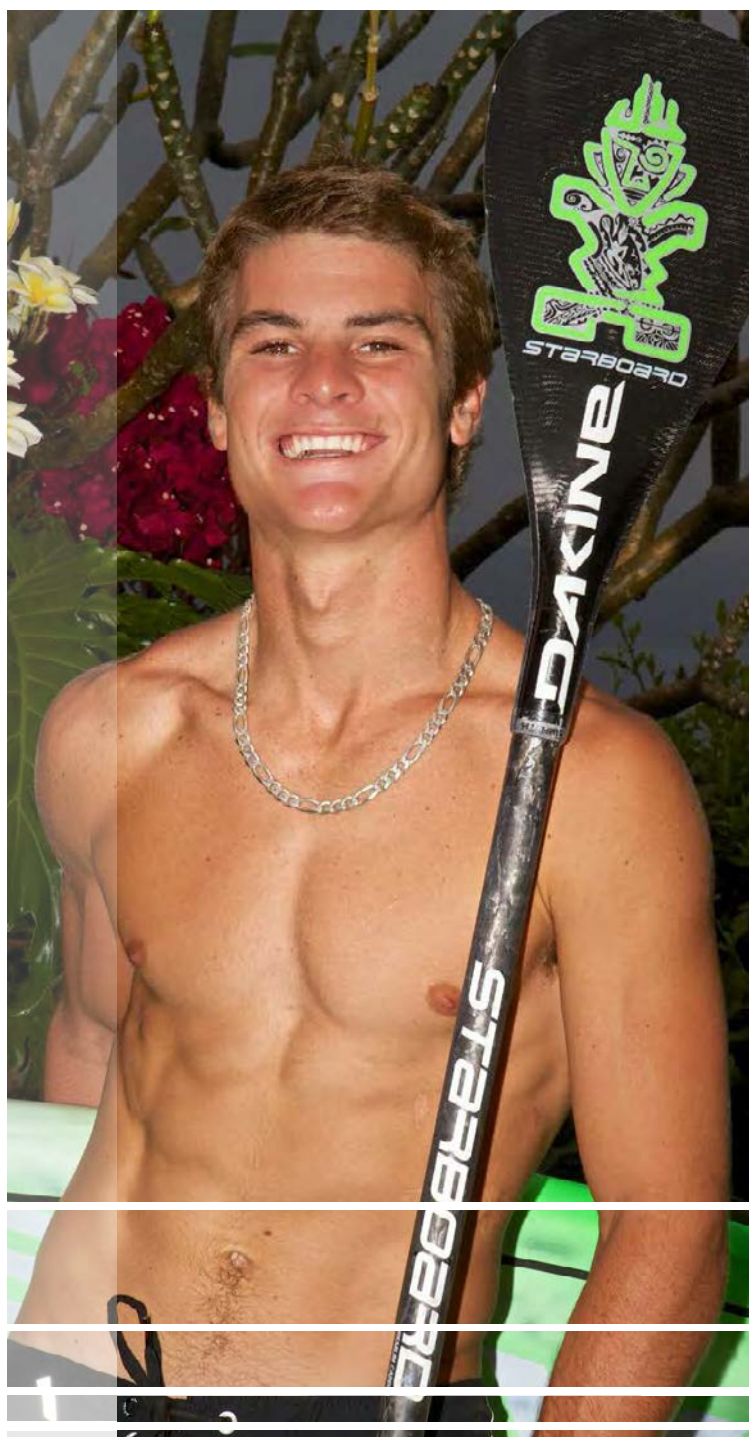
Zane Schweitzer

CHARITY TWO COUNTRIES

ale



Born in Scotland a long time ago ☺, I travelled a lot as a child and was always willing to try anything once. Grew up believing that the only way to succeed was to push myself in everything I tried. Being naturally competitive I was drawn towards Sport as it satisfied my competitive nature. In my adult life I have tried many Sports, running, rowing, sailing, hockey, wakeboarding and now SUP. I enjoy the racing side of SUP but I will always be looking for a new Sport. I have 2 extremely big goals still to achieve: I want to row the Atlantic and I want to represent GB in the Olympics. As I am getting extremely close to 50 years old I need to find an Olympic sport that is not age dependent, Being Scottish I reckon that Curling is my best bet, best I find an ice rink and get practicing.



I was born a waterman and have been surfing since I could walk and Stand Up Paddling since I was 13. I have progressed to surfing big waves at places like Jaws and Mavericks in the last few years. So anything ocean related is a passion of mine. When not surfing or windsurfing, I might be found fishing, diving, riding dirt bikes with my dad and brother Matty, or simply spending time with my family and friends. I have been fortunate to be able to travel and compete around the world, which started at the age of 11 and I haven't stopped since. I am really honoured to be the first recipient of the Stand Up World Tour Pioneer Award as they chose me to be the representative that pushes the progression of sport the most all around the globe.

Zane Schweitzer Joanne Hamilton-Vale

What boards do you own?

Joanne: 14 x 24 Starboard Sprint

12'6 x 25 Starboard Ace

12'6 x 25.5 Starboard Turtle Bay

12'6 x 24 Charlie Grey Custom

12'6 x 26 Red Paddle Inflatable and my new toy a prone board

Zane: I ride all Starboard for Windsurfing and Stand Up Paddling. Currently I race on the Starboard All Star 12'6 x 24" and the 14' x 23". For Surfing I ride the InZane 7'1" x 24" in every and all conditions, until I need to break out a gun for bigger surf 20ft+ face.

Where and what was your first paddle and what got you hooked?

Joanne: First paddled in St. Kilda, Melbourne. Got hooked when I was introduced to racing.

Zane: I first started surfing on my own when I was three years old. Stand up paddling came into my life when Starboard started to produce their first SUP boards and started to push me into the sport – Svein believed was going to be huge! Glad I fell in love with it on my first session on a SUP because the sport sure has taken off and has brought so many experiences and opportunities into my life.

What and where was your first competition?

Joanne: First race completed was Head of the Dart 2013. First race entered was a BaySUP Frostbite race in 2013, which I did not complete because 5km was too long for me.

Zane: My first ever competition was the Ole Longboard classic 1997 and I won! My first ever SUP event was one of the first Stand Up World Tour events that took place at Sunset Beach, and I won the Na Kama Kai Keiki division!

What has been the biggest accomplishment in your SUP career?

Joanne: Setting up UK SUP. After a very successful first year I am excited about 2015, which will also include a Surf Series and a race series to choose our National Team.

Zane: My biggest competition result would be the Abu Dhabi All Star Challenge where I won the overall surfing event and won the overall for SUP Surf and Race as well! An award that I have the most pride in would be my recent Pioneer Award. My biggest accomplishments are yet to come!

UK SUP aims to get more people involved in the SUP racing scene and is something you are passionate about, why is this important to you?

Joanne: In 2013 I was very disappointed in the lack of structure in the UK Race scene. I chatted with a few key people in the UK and together we set up the UK's first National Race Series. This series was really successful in 2014 and we achieved all our goals: 10 race series, structured races and rules and encouraged more than 250 paddlers in the UK to race.





Any advice for those starting out in competitive SUP?

Joanne: Never underestimate how much hard work you have to put into training.

How does SUP give you satisfaction?

Zane: The first time I started SUP, I really fell in love with the fact that you can longboard and short board the same board, really able to put power into turns and manoeuvres but also able to walk around on the board and nose ride! The next thing that really caught my attention and satisfaction about the sport of SUP is how diverse and user friendly it is, you can practice this anytime, anywhere as long as you have enough water to clear the fin, and also is such a great learning experience introduction into the ocean and water for kids and anybody of all ages. I believe once someone has a fun experience on the water, it will give them a great respect for the ocean and waters leading to a world of water better taken care of by the people who have passion with sports that are water related.

Are you naturally competitive?

Joanne: Yes, I think life is a competition.

Zane: Definitely.

What has been your best ever day on the water?

Joanne: This year I was lucky enough to play cat and mouse with an Extreme 40 Catamaran for a photo shoot.

Can you talk about your training?

Greatest inspiration? Who/what kept you motivated?

Joanne: I train most days, but not only on the water. Being extremely close to 50 years old I have to work that little bit harder than the youngsters I am racing against. I am inspired by endurance paddlers like Bart De Zwart and in the UK Mark Slater. I will never be a fast sprint paddler but I love challenging my mental strength. Sam Ross keeps me motivated by always coming up with new crazy things for me to do. In 2013 he persuaded me to do the 11 City Tour and this year he talked me into the Great Glen Paddle and a 150km paddle from Bournemouth to Brighton. Can't wait to see what the phone call in 2015 from him brings.

Zane: When it comes to training and preparation for competitions, I try to have as much fun as I can, practicing in many sports that benefit each other as well as putting in the hard but not so fun work in the gym. What keeps me hungry is the pure love and passion I have for the sports I practice, but also a big motivation is living up to my family's achievements, like my dad's 18 world championship titles, which I hope to get more of one day. My family and friends push me a lot but I am a competitive person, and like to be great at what I do, so I am hungry to be the best which keeps me hungry to train, travel and compete.

Zane Schweitzer Joanne Hamilton-Vale

Which is your favourite competition?

Zane: Would probably be the Master Of The Ocean event that took place in Dominican Republic, which is a waterman event that is a competition in surfing, windsurfing, SUP and kitesurfing! I was honoured to win three out of the four divisions and take the overall championship!

What's the craziest thing you have done?

Joanne: The Great Gen Paddle, 97km non-stop race coast to coast in Scotland. This race was in the dead of winter and involved paddling in pitch black and a blizzard!

Apart from SUP, do you have time for another main interest in life?

Joanne: My husband. He needs a lot of looking after.

Zane: I love to spend time with my family and friends, especially with my dad and brother riding trails dirt biking, fishing and diving! I also really enjoy working with kids sharing knowledge and having fun with future champions! Another hobby I have is gardening and growing food that is fresh, organic and right in the back yard!

Have you ever been scared and if not – what would it take?

Joanne: MThe twice that I was told I had cancer I was extremely scared but I had a lot still to do in my life and kept fighting.

Where do you see yourself in 20 years?

Joanne: Still hoping that one day I will be an astronaut.

Zane: In 20 years I hope to have beautiful children and a gorgeous wife added to my Ohana and have a great training program for kids and athletes of all ages. Continue to teach clinics and be part of events, foundations and charities that promote great causes, a healthy lifestyle and create awareness for the world and its oceans that's sustainable.

Where is your favourite SUP place on the planet and why?

Joanne: Hawaii. Everyone should visit in their lifetime. However, I have paddled in many places in the world as I travel frequently but my favourite place to paddle is anywhere that I can be with friends.

Zane: I've been all over the world for SUP, but never for a vacation. The best place in the world for me is my home, with family and friends and the best playground for all the watersports I am passionate about. I can definitely recommend visiting Maui for an SUP vacation and taking part in Maui Sports Adventures tours and surf sessions. They will ensure you are going to the right places and seeing all the best areas with local world-class watermen, without causing any conflicts. Check it out at www.mauiportsadventures.com





You have taken on the role of Worldwide Ambassador for Standup for the Cure, a breast cancer charity started by Judie Vivian in California? What does this entail? Do you want to share why this charity is close to your heart?

Joanne: I am very proud to be a Worldwide Ambassador for Stand Up for the Cure. This is very close to my heart as I have had Breast Cancer twice in my life and survived. It was a very difficult time but it has given me a huge amount of mental strength and courage to fight for what and who I hold close to my heart. When I am paddling in difficult races like the 11 City Tour or the Great Glen Paddle and things are getting really tough I always think if Cancer did not take me then a SUP race is not going to get the better of me. I am hoping that by meeting and paddling with people who are struggling with this horrible disease I will be able to give them hope and strength to keep fighting. It is very true that what does not kill you makes you stronger.

Zane: I got involved with the SUFTC because my family has been friends with Rob and Judie Vivian for some time, and one day when we were at the beach paddling Judie didn't seem her normal bubbly self. Later my mom shared with me that she had been diagnosed with breast cancer... O my mom and Judie started brainstorming ways to take stress out of peoples lives who have been diagnosed with cancer. Raising the topic with more awareness and to more easily discuss and share with loved ones plus bringing people together who share similar challenges and struggles to form a community with great support! SUP was a great fit to this, because anybody can take it on and have fun within minutes of being introduced to the sport and it is a great way to clear your mind and have fun. I believe that the ocean can purify your body and soul and wash away the stress to combat cancer therapies such as chemotherapy. keeps me hungry to train, travel and compete.



Zane Schweitzer Joanne Hamilton-Vale



Photo by Dave White

Joanne Hamilton-Vale



If you could paddle with anyone in the world dead or alive who would it be?

Neil Armstrong. I want to know what it takes to be an astronaut.

Pick two celebrities to be your parents

I think my own parents did a good job. I know right from wrong and value loyalty.

Which famous person would you most like to see play you in a film?

My life is not interesting enough to make a film.

Favourite iPod track?

Sail - Awolnation.

If you won \$20 million on the lottery, what would you do with it?

I would have no idea what to do with \$20 million. I don't believe money would make me happier.

Cats or dogs?

Dogs but my lifestyle will only allow cats.

Facebook or Twitter?

Facebook.

An ideal night out for you is?

A night in with my husband, TV and pizza. We are separated a lot of the year due to travelling so I like to have him to myself.

What's the one luxury item you would take on a desert island?

A boat.

Biggest turn-off?

Bad teeth.

What would I find in your refrigerator right now?

Meat and veggies.

If we came to your house for dinner, what would you prepare for us?

Lots and lots of cake.

Any broken bones?

Foot, arm, wrist, toes, ribs. I was a clumsy child.

If you could be a wild animal – what would it be?

Meerkat, I like to know everything that is going on around me.

Fill in the blanks: I am _____?

Determined.

Thanks for all of your help – we really appreciate it and all the very best for a successful 2015 for you both:)



OK let's finish with something short and snappy...

Zane Schweitzer

If you could paddle with anyone in the world dead or alive who would it be?

The Dali Llama, or Bob Marley.

Pick two celebrities to be your parents

Matt Schweitzer and Shawnee Schweitzer are already hero and legends in my eyes. I love and look up to my parents so much!

Which famous person would you most like to see play you in a film?

Patrick Swayze!

Favourite iPod track?

Alive, The Green.

If you won \$20 million on the lottery, what would you do with it?

I would continue to do what I am doing, but bring all my family and friends with me! Sometimes I feel lonely traveling and wish I share these experiences with family and friends who have never left the islands.

Cats or dogs?

Dogs.

Facebook or Twitter?

Instagram! @zaniac I haha Facebook, Zane Kekoa Schweitzer.

An ideal night out for you is?

A big BBQ with friends and family from all the food and produce that we caught and harvested earlier that day, then escalates into a party with nothing but good vibes until its time to lie down with a friendly friend. Haha.



What's the one luxury item you would take on a desert island?

A Stand Up Paddle board to surf on, fish on, and transport from one place to another!

Biggest turn-off?

Cigarettes or negativity.

What would I find in your refrigerator right now?

Eggs, sweet potato, potato, fruits, veggies, fish and milk.

If we came to your house for dinner, what would you prepare for us?

I love to cook! I would prepare a whole fish stuffed with citrus and pineapple, steamed vegetables and fried rice!

Any broken bones?

Ankles three times, arms a few times, wrists a few times, foot twice and a rib once.

If you could be a wild animal – what would it be?

I would be some sort of large bird, like a Albatros or an eagle because I have always dreamt of gliding through the air flying anywhere I want.

Fill in the blanks: I am _____?

Grateful.



Ambry Genetics™

NATIONAL SPONSOR

Standup for the Cure!

Presented By:



KAISER
PERMANENTE®



See you on the water!
Aloha,
Zoe Schneider

In support of
susan G. komen.
ORANGE COUNTY



Newport Dunes,
Newport Beach, California

Saturday,
May. 2, 2015

standup-for-the-cure.org





Join us again at Newport Dunes on
Saturday May 2ND 2015 for our 4TH annual
"Standup for the Cure" Event.

Have fun and save lives!

Create your fundraising team with your family and friends and compete for super prizes as you donate to help the fight against breast cancer! Everyone is welcome, from beginners to seasoned professionals.

Learn from, or compete with, World Champions! Try out new boards, paddles, SUP clothing and equipment. Have a FREE cancer screening exam (\$300 value!) at the Health Expo! Toast your friends' fun costumes at the Kona Brewing Happy Hour. Enjoy a delicious Ruth's Chris Steakhouse Lunch & Live Music. Bid to win fabulous prizes in the Silent Auction and Opportunity Drawing.

Register at
www.standup-for-the-cure.org

Contact Dan at (760) 436-3589
for Sponsorship & Expo Opportunities



FIND US!



SCAN ME
WITH YOUR
PHONE



Canoe Paddler

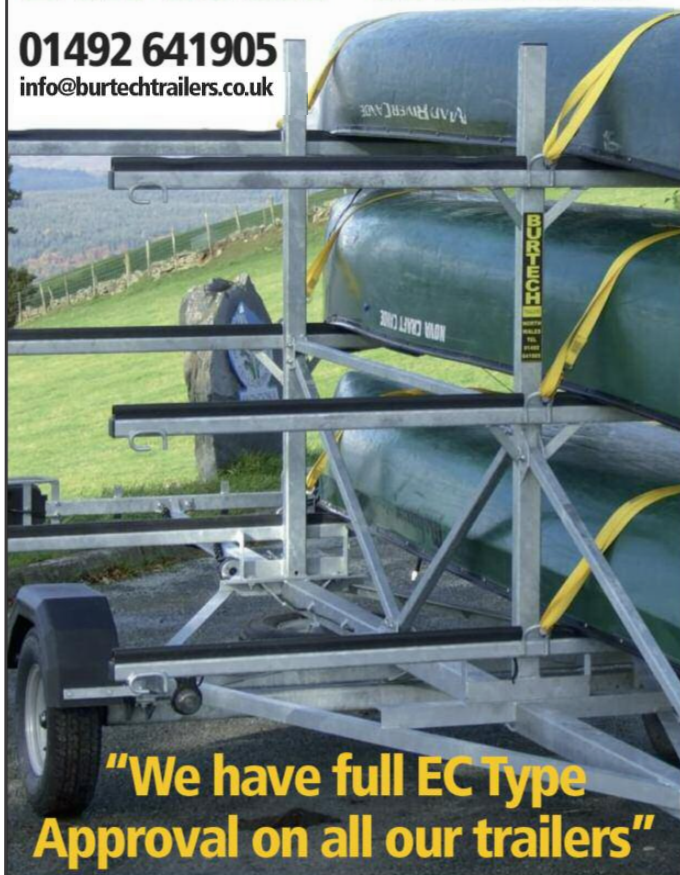
092 Nova Craft at 45
Celebrating their 45th birthday

098 Portugal and Spain
David Truzzi-Franconi

Burtech Trailers

01492 641905

info@burtechtrailers.co.uk



"We have full EC Type Approval on all our trailers"

FOLDING Canoes & Kayaks



Quest Folding Kayak

The Quests combine great looks with comfort and efficient cruising performance. Quests are ideal travel kayaks. Very light, yet ruggedly-built with space-age polyurethane materials which contain no toxic chemicals – the planet will thank you!



Puffin Saranac

Puffin Kayaks are perfect travel companions. Great stability and paddling performance make Puffins enjoyable on the water. With good looks and light-weight price, they are a pleasure to own.



PakCanoes

PakCanoes are excellent for remote wilderness trips or adventures closer to home. Light-weight, compact for easy travel and storage, yet rugged, dependable and easy paddling.



www.pakboats.com

Enfield, New Hampshire, USA

(603)632-9500 • info@pakboats.com

SEA KAYAKING COURSES AND EXPEDITIONS

PLAS
MENAI



DEVELOP YOUR SKILLS IN SOME OF THE BEST PADDLING LOCATIONS IN THE UK.
TOP OF THE RANGE KIT AND EQUIPMENT.

PLASMENAI.CO.UK

01248 670964

info@plasmenai.co.uk

BOOK ONLINE NOW!

Plas Menai


Canoe Wales
Canw Cymru



After 45 years

Nova Craft Canoe still
leading the way

PHOTO: KRISTIAN OLAUSON

A person wearing a hat and a plaid shirt stands in a canoe, looking out at a river with rapids. The river is surrounded by a dense forest of tall evergreen trees. The sky is blue with scattered white clouds. The person's hands are raised to their head, possibly shielding their eyes from the sun. The canoe is yellow and has some gear inside. The water is dark and turbulent with white foam from the rapids.

In 2015 Nova Craft Canoe celebrates 45 years as a leader in the canoe industry. In the last 45 years they have progressed from making custom built racing canoes for an elite market to an internationally recognized canoe brand with a dealer network spanning the world. Through it all: expansion, change of ownership, relocations, and technological growth, Nova Craft has stayed true to the classic Canadian canoes and to the wonderful group of people who paddle them.

Nova Craft's founder, Ken Fisher, started building canoes as a teen and in 1970 he went into business building racing canoes when marathon canoe racing became his obsession. Ken was always passionate about designing canoes to be as fast and efficient as possible, no matter who was paddling. He discovered that flaring the canoe aft of the midpoint compensated for the stern paddler's weight, and he built this asymmetry into his racing hulls as well the Tripper and Haida models which are still made by Nova Craft today. By the 1980s Nova Craft marathon racing canoes were the best available and in high demand on the circuit.

When Tim Miller and his partners purchased the company in 1986, Ken had just started producing the classic Prospector model in 16 and 17 foot lengths. At this stage the new owners veered away from the racing market to direct all of their attention to the recreational market thus appealing to a wider spectrum of paddlers. Nova Craft continued to produce these classic designs and quickly added the 15' Bob Special for cottage and family use. Two more Prospector models followed, then more recently the Pal and Cronje, two more classic designs for recreational paddlers.

Nova Craft on the Yealm estuary, Devon

Nova Craft has always been a leader in innovative canoe construction. Far back in 1974, Ken was the first canoe builder to use Kevlar fabric to build stronger and lighter boats. His use of vinylester resin proved to be the key to building the first Kevlar canoes on the market and Nova Craft continues to lead with research and innovation. In 1989 they introduced Spectra cloth into their lightweight canoes to build boats that are much more robust than standard Kevlar laminates. They quickly followed with a unique vacuum bagging system using reusable silicone bags and then in 2002 developed their resin infusion system to build strong lightweight canoes.

Meanwhile in 1996 they installed a large oven and vacuum forming equipment to produce Royalex canoes. The Prospector models were an instant success in Royalex for whitewater paddlers and Nova Craft went on to produce 13 of their classic designs in this very rugged material. Introducing their proprietary RLite lay up has made this material very popular with trippers and recreational paddlers due to its durability and lightweight.

After Nova Craft moved to a larger facility in 2001 they installed a rotomoulding oven and began producing their Aquafusion line of recreational kayaks in polyethylene plastics. Soon after, the

Prospector 16 and 17 SP3s in polyethylene followed. These extremely tough three-layer poly canoes are a top choice for outfitters. New for 2015, they will also be offering a new Prospector 15 in SP3.

Over the last year with the demise of Royalex, Nova Craft is leading the way again with the introduction of their new TuffStuff composite canoes. Using Basalt and Innegra fibres, these canoes offer more strength and toughness in a lightweight canoe than was ever thought possible in the industry. You can watch some videos of this amazing material on our YouTube channel www.youtube.com/channel/UCQ6SpR94rRx2laEGd6sFAvw.





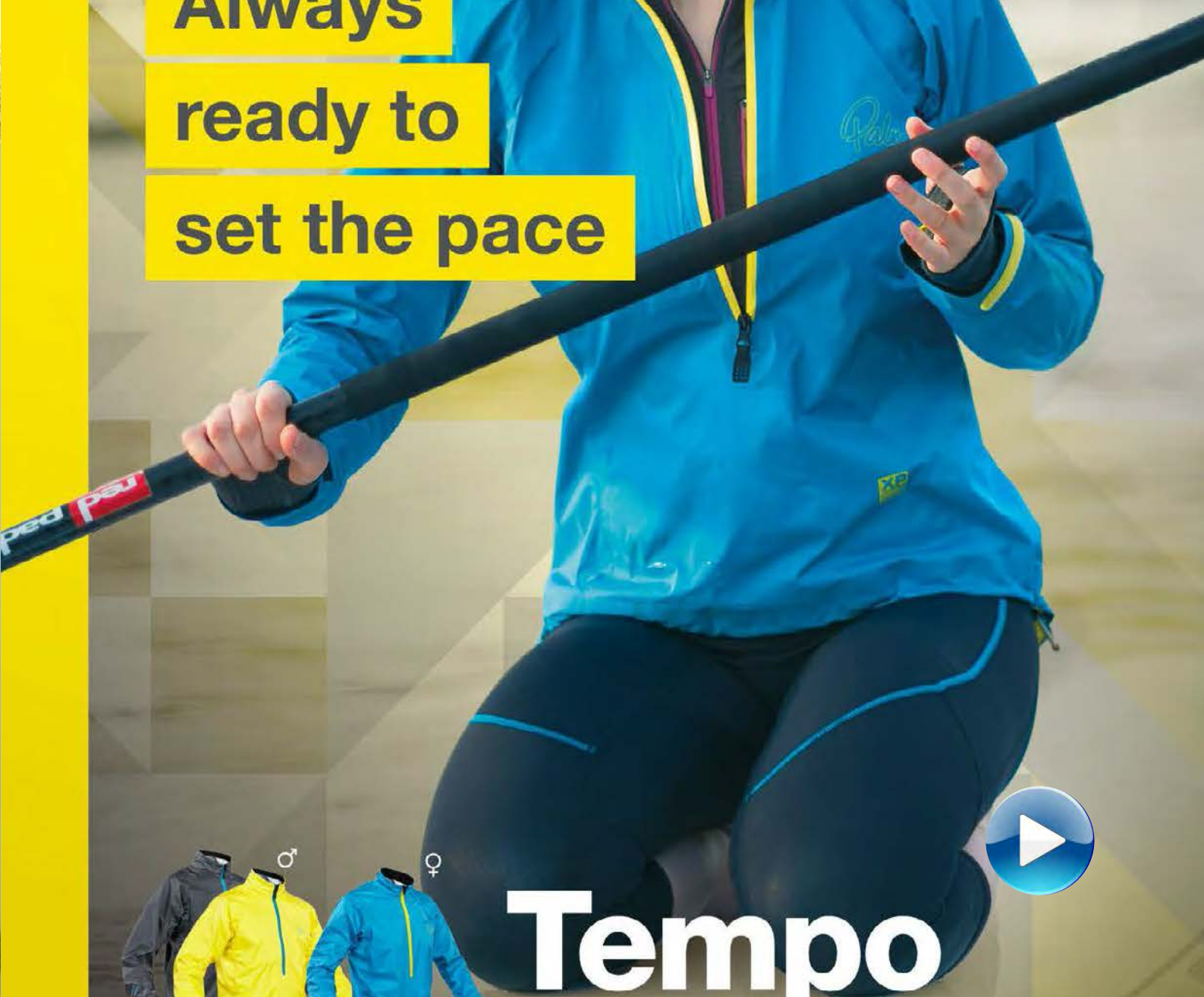
Nova Craft have always tried to stay true to their brand by offering a quality product that is backed up by personal friendly service. It sounds like a cliché but it works. Throughout the years, as they expanded their technological and manufacturing base, Nova Craft built up a dealer network that reaches throughout Canada and the US. In the 90s they began exporting overseas, expanding into Europe through distributors in Germany and the UK followed by Norway, Australia and New Zealand. Classic Canadian canoes paddled by people all over the world.

As Tim Miller says, "None of this would ever be possible without the wonderful support we have received from all our friends and customers. Thank you very much and we look forward to seeing you on the water."





**Always
ready to
set the pace**



Tempo



YKK  

3D cut • YKK AquaGuard zip • Inner pocket with head-
phone port • Rear vent opening • Reflective details

Like to travel fast and light? The Tempo is a lightweight, ventilated jacket to keep wind and spray from spoiling your session. With open vents at the back and adjustable neck and wrist closures, the Tempo is a training jacket to keep you paddling come rain or shine.



A PADDLE ALONG THE COAST OF DEATH



(Costa da Morte)

TO THE END OF THE WORLD

(Cap Finisterre) via Santiago de Compostela by paddlers:
Simon King, Steve Seinet-Martin and David Truzzi-Franconi

HEADING TOWARDS BAIONA



The first

full day of our annual canoe adventure ironically found us hauling the canoes on trolleys loaded with three weeks camping gear (170lb in my case)! We were on the Atlantic Coast road in t-shirts on a typically humid Galician day of fog and drizzle.



LAUNCHING NEAR BAIONA



HEADING TO HEBRON MONASTERY



ATLANTIC COAST PATH



RIO ULLA

We had arrived the previous day, collected our Credential (pilgrims passport which requires stamps as proof of journey) from the fortified town of Tui at the head of the River Minho, which delineates the border between Spain and Portugal. That afternoon we relaxed in the square in Caminha, Portugal waiting for the tide to provide us with the right conditions to cross the estuary without being swept out to sea and caught on its notorious sandbanks.

Once in Spain a recce confirmed what Google Earth had shown that we would not be able to paddle this stretch in anything other than ideal conditions – it was rocky with a big Atlantic swell and no get-outs for 20 miles. So after a crippling uphill portage we skirted Mt Trega the site of a Celtic hill fort, the mist rolling down its sides making everything drip water and entered a small fishing port in the busy early evening.

A hotel was booked and a heavy night's sleep ensued from over-eating, which we worked off on the coast road the next morning, which was still wet and misty but warm. The booming of the Atlantic surf on the rocks and the plumes of spray confirmed our decision not to take the whale road and so we wove our way along wooded tracks past isolated communities, setting a chain of dog barking and then along the main road at the mercy of the trucks and coaches.

We stopped at Oia for a stamp in our passports with its abandoned monastery in a landscape dotted with stone grain stores and famous for its wild horses. That evening

found us drawing to a halt by a rain-whipped, wind-battered and empty camp site at Mougas – we promptly upgraded to a chalet!

The following morning found us rounding the headland of Cabo Silleiro, sustaining our first puncture and making a steep downhill descent into Baiona whilst struggling to curb the canoes attempt to wrest free and wipe out a car or shopfront! Booking into another hotel we once again made a dozen or so trips with camping gear; dry bags and paddles watched by a bemused receptionist.

Launching the next day opposite the hotel we made our way across the Ria de Baiona to Panxon. At this point we had canoed 3.9 miles and portaged 24.1 miles! In order to avoid the seas off Punta do Meda we hauled the canoes along and across the isthmus up several very steep hills, which took our walking up to 32.8 miles as we trundled into the campsite at Canido on the Cabo Estai. It was another wet day as we set off in the rain to find some food in this joyless place.

Over the following days we paddled across the Rias, passing the walled city of the port of Vigo in the early morning fog whilst trying to avoid homeward bound trawlers; took an enforced night paddle; made our only wild camp on an area of scrub next to some holiday homes (the sprinklers came on during the night in an adjacent property with an arc of water crossing the tents every few minutes!) and surfed on to a beach scattering the bathers and surfers!

We portaged across the peninsula to avoid the seas at their turn



Coming off river at Belluso



Punte Pedra Rubia



Simon Cabo Silheiro



SIMON HEAVING TO NEAR VIGO

HOTEL AT CARNOTA



LAUNCHING INTO THE RIVER MINHO



nsulas ps and eventually found



WITH OUR IRISH LADY IN SANTIAGO



our way up the Ria Arousa home to a great many mussel rafts and small craft raking for cockles and clams on its sandbanks and then into the Rio Ulla. We finally ground to a halt establishing a base at its head in a waterside campsite so that we could run light into Santiago de Compostela. We set off in the dark the following morning to catch the flood tide to Padron, the river was alive with fish as we passed under the ancient stone bridge marking the tidal limit and then an enjoyable battle ensued as we fought our way upriver hauling and lining over the rapids and through the rocks eventually locating at a monastery we had been tipped off about.

They were very pleased to see us and most taken with our journey to date, pointing out some of the similarities of our trip to the legend of St James whose body was said to have been bought along the coast and up the Ulla and moored to a stone in the church at Padron. With the boats now moored to the stone in the church, we cooled our feet in the spring before being given a simple meal of local peppers and soup and a quiet night in the dormitory. We were awoken early in the morning by choral music and ate a frugal breakfast before setting out for Santiago. However, it wasn't long before we were hauling the canoes uphill again (600ft) high above the river valley followed by a blissful descent through the trees onto a long hot plain with the usual chorus of cockerels and barking dogs. We were surveyed from behind curtains and what they made of three red canoes sliding past in the early morning miles from any water can only be guessed!

Mid-day found us joining up with the main road for the long uphill portage into Santiago. It was 32 degrees and rising and we were dizzy with the heat as we entered the city in the late afternoon. We were unable to resist the temptation to stop for a beer and were soon adopted by an Irish woman who on hearing of our exploits insisted on buying us a drink, then led us to the Pilgrims Office where after much discussion and argument, the woman in charge relented in the overwhelming support from the staff and gave us each a Compostela (you have to walk, ride or cycle for a minimum of 100K note the word paddle does not occur in this list – hence the argument).

Wandering the narrow streets hampered with 16-foot canoes, we searched for a room, enquiring at a left luggage office and mentioned jokingly if we could leave the boats here? A phone call and is 5 euros each all right? So, free of our boats for the night we soon booked a basic room, had a celebratory meal and all too soon were on the road again dodging the traffic in the heat. In theory it should have been mainly downhill but we still somehow managed to find plenty of climbs!

Late evening found

three canoes parked outside the bar at Herbon, whilst we rehydrated and increased our salt intake before our second night at the Monastery. Someone at the office in Santiago had kindly phoned them to say we were on the way, as we had been interviewed by the press and the monastery had been trying to contact us. We were lucky to get in that night as it was full of eight different nationalities.

Setting off next day through the pepper fields (Padron peppers are famous – small green and pointed, and likened to Russian roulette, as every so often you will get one with the intensity of a chilli) we had another puncture on the outskirts of Padron, which meant we had no spares and needed to locate a garage. Hailing a cab and asking to be taken to a garage resulted in being driven across the road! Meanwhile the tourist office had also been told about us, and they presented us with two more certificates in Latin for navigating the Ria Arousa and the Rio Ulla – we think!

That evening found us back at the campsite and as they were no longer cooking we ate frugally from our stores. The next stage of our journey involved us retracing our steps but on the opposite bank of the estuary and working up the coast again to Cap Finisterre. So off we paddled in the mist stopped in Rianxa for a breakfast of squid rolls and then paddled the tidal section of a small river hitting the shallows at Porto Belluso. The canoes were hauled up the bank and the wheels were attached again! Lots more tooting and waving accompanied our long and arduous portage uphill 660ft of ascent to the midway point with the bonus of passing through a plantation of eucalypts and pinewoods, which helped to clear the head.

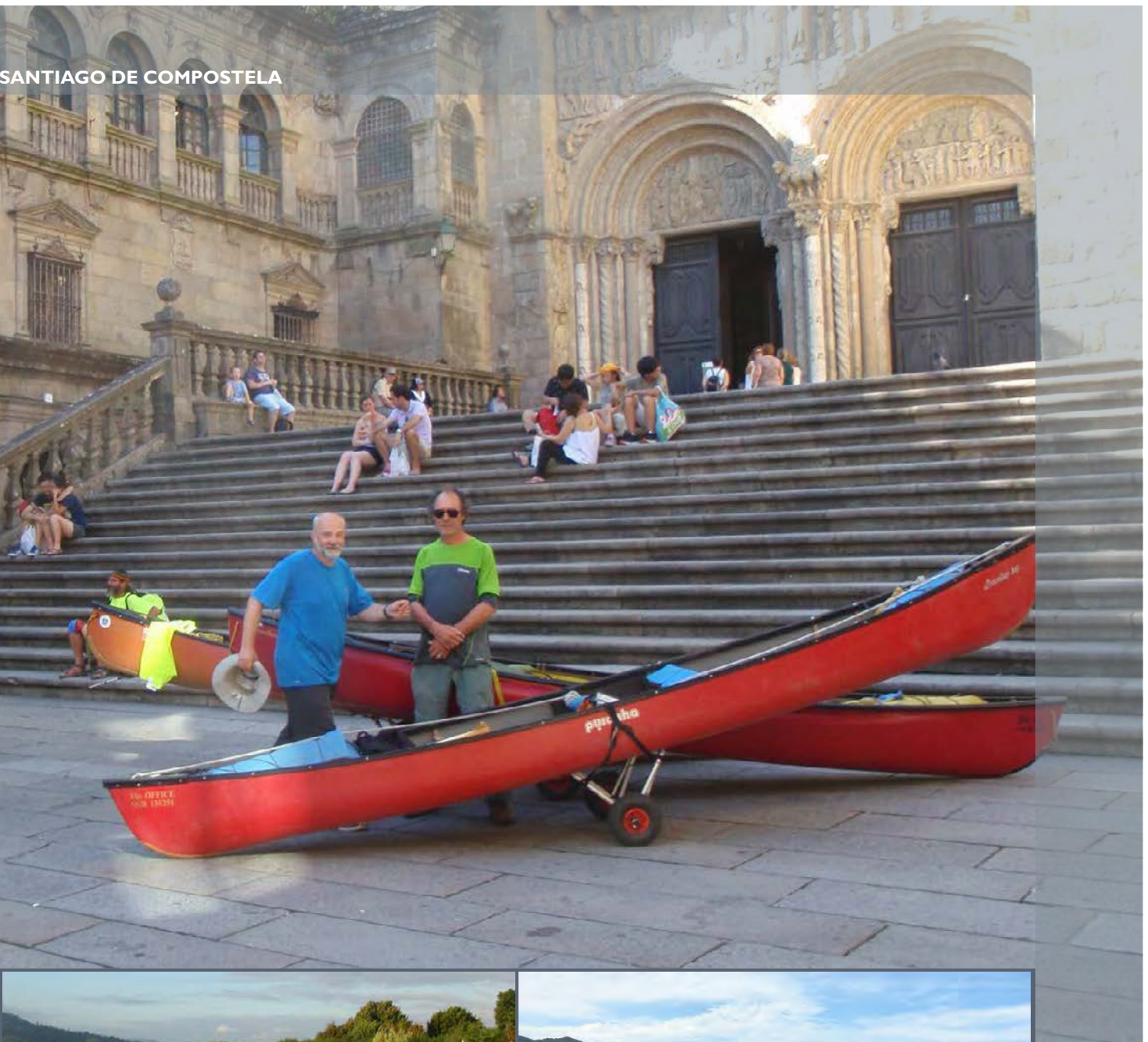


We were skirting the San Marcos Mountains and after 15K reached the medieval port of Noia (legend has it that this is where Noah's dove returned with an olive branch and thus the ark came to rest on a nearby hill) at the tidal limit of Padron the River Tambre. In the early evening, Simon and Steve went to find some digs and an hour later they managed to find a hotel with a basement where we could leave the canoes at the top of a steep hill!

A further search for a garage next day to repair the tyres found us at the wonderful Moreno Cycles who quickly and efficiently repaired our tyres by inserting strips of old tyre inside our tyre casings to cover the holes blown in them. Tutting all the time and shaking his head, he charged us 5 euros and bid us farewell. By then the tide had returned allowing us to escape, crossed to Freixo and had a break on a sandy beach in the sun for a change, which allowing to dry some kit. A long paddle brought us to the fishing port of Muros, perched on the edge of Mount Louro at 7.30pm. Another cheap hotel, an excellent meal of Mussels and we were now officially on The Costa da Morte, the town sign proudly proclaimed.

DAVE SIMON AND STEVE A BEER AT SANTIAGO!





SANTIAGO DE COMPOSTELA



CAMPING ON THE ULLA



CUTTING OFF HEADLAND NEAR MUROS



THE SLIP AT FINISTERRE



THE BEACH AT PORTONOVO

Launching off the

port jetty into a choppy sea the next morning, we headed cautiously to the point but we were back within the hour as the wind was increasing and so just for a change we pulled the canoes uphill out of town! A 13-mile long portage along the coast road, pausing occasionally to bail the rain water out of the boats in order to lighten them, found us at Carnota. So far we had pulled the canoes 115 miles and paddled 80 miles at a moving average of 2.9 mph!

We each developed our own coping strategies for these long and hard portages, which usually involved keeping the eyes downcast so you could not see how far you still had to go! Steve favoured a full on get it over with approach whilst Simon dogged his footsteps and I moved uphill in a series of bursts. We were often strung out over a mile and fate was often cruel as cresting a climb would reveal yet another! The sweat stung our eyes and you could literally wring out our t-shirts and the best part was seeing our canoe hulls sticking in the air which signified a rest stop or better still a bar or cafe!

Mid-morning next day found us still in the rain and pulling off the road to launch at Porto de Quilmas into a grey and misty sea. After just an hour we were beached as the fog closed in but morale was boosted by porridge and coffee made by Simon whilst waiting for visibility to improve. We quickly launched into a heavy beam swell and we could see our objective Cap Finisterre in the far distance. We kept paddling whilst

our ears attuned to a sudden rush of water indicating a wave wanting to climb in over the side. We were hoping to halve the distance that day but somehow we just kept going. Stopping to assess the situation we reckoned on being only two miles away and finally grinding to a halt on the slip at Finisterre at 6.30pm

A fiesta was in full swing and it felt like it was for us! We had covered 212 miles, composed of 88.7 canoeing and 123.3 portaging in 14 days! We logged in at the hostel and presented our passports. After questioning we were each issued with a brightly coloured certificate called a Fisterre, we had against all odds done it! After a good night's sleep I did some shopping in preparation for a meal on the tip of Cap Finisterre. I bought Padron peppers, squid, langoustines and scallops (the symbol of the Caminha trails) and cooked them on the point as the sun set. A harvest Moon rose and the fog rolled in obliterating the sea to the horizon where it was like looking down from an aircraft. We were very lucky to be safe on land and not having to haul a laden canoe along the roads of Spain the next day!



DAVE OPENING SCALLOPS



NOVA CRAFT CANOE

The Prospector 15 is a scaled-down version of our larger Prospectors, that's faithful to the original lines in every way. You get all the great handling features that make the Prospector a paddling legend in a package that's smaller but more responsive. Great for all round paddling, a good rocker and high freeboard suits white water and offers a good level of capacity for tandem tripping .

Now available in
roto-moulded polyethylene

A great boat with budget pricing whilst maintaining all the characteristics offered above.

Available March 2015 in colours of red, blue, green.

£799.99



White Water Consultancy

**Old Village Hall
Bronwydd Carmarthen
www.co.uk**

**SA33 6BE
Tel: 01267 223555**

White Water
CONSULTANCY INTERNATIONAL LTD

The Caminha – ‘the way of St.James’.

There are many routes all ending in Santiago de Compostela, which are open to anybody. Use the Refugios (Pilgrim hostels), which are very cheap (they generally ask for a donation) and supply basic dormitory style accommodation and usually a simple meal. Obviously a lot of pilgrims will be on a spiritual quest but we found ourselves welcome!

A party atmosphere prevails at Cap Finisterre as for many it marks the end of weeks of walking.

The Rias offer good paddling as they are generally sheltered from the Atlantic. The points of the capes are very weather dependent and you will always have to factor in the swell of the Atlantic Ocean and the lack of exits should things go wrong.

We had covered 212 miles and 5,000 feet of ascent by paddling 88.7 miles and hauling the canoes 123.3 miles in 14 days for which we gained a Jacobea, a Pedronia, a Compostela and a Fisterra.

We took two spare wheels and had three punctures, two blowouts with two tyres ruined.

DAVID TRUZZI-FRANCONI



UK's Premier Canoe and Kayak Paddle Specialists



www.mitchellblades.co.uk

Visit

www.mitchellblades.co.uk/SHOP

Paddling you forward by Quality

Service and Reputation

Call us on 01244 671614



Website



Shop

Salty Paddler

112 Launching

Through the waves by Mark Crame

118 Greece

Halkidiki Peninsula by Howard Jeffs & Pavlos Zitakis

126 Greenland

Tracing Gino Watkin's By Jim Krawiecki



KAYAK ANGLING HAS EVOLVED... HANDS FREE TO FISH
To book your demo on one of our range of fishing kayaks
call us on 01202 671661

Hobie
F I S H I N G



Tel: 01202 671661

www.hobiecatcentre.co.uk



LAUNCH
through the waves

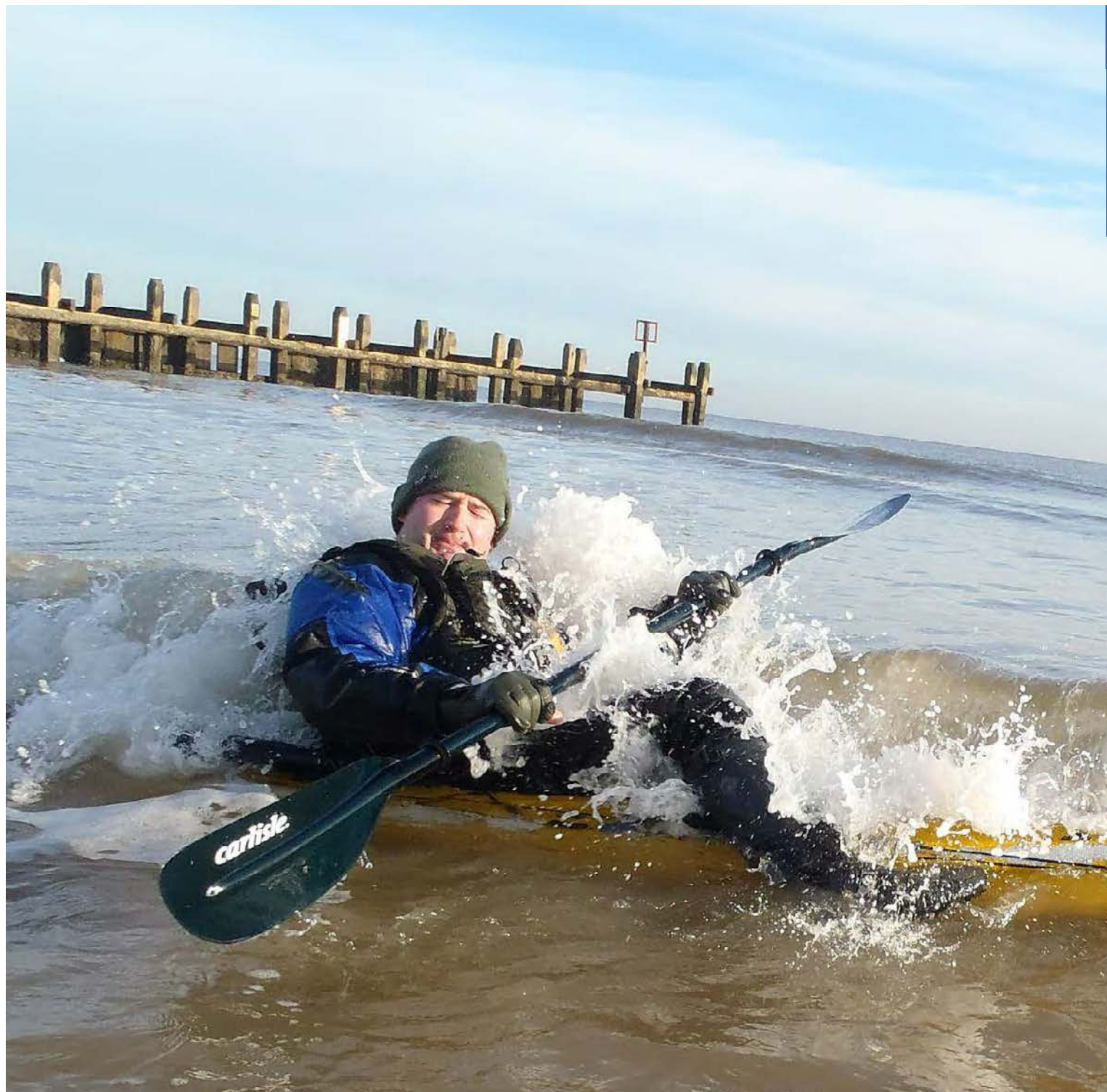


Sometimes when you want to launch the waves are larger than you'd like but still within reason, or the shore dump is large but the water behind is calmer. So, deciding that you still want to launch and you are confident that you can get through them what do you need to do to assist yourself in getting out? Well, the first thing to do is look at what is happening and think:

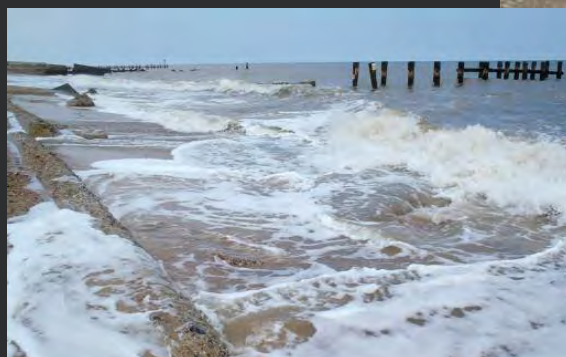
On the shore, look at what is happening in front of you. There is an advantage over coming back in here in that it is far easier to see what is happening and place it visually in terms of height and distance. Don't be in a rush to get on the water as a couple of minutes now can save ten minutes if it goes wrong.

CHING

es by Mark Crame



Hazards: groynes and pilings



What to look for:

Rip currents

Lots of water is hitting the beach and it has to go somewhere, specifically it has to leave and this route out is what you're looking for as the rip will lower the height of the incoming waves in that place and also assist you as you will be travelling in the same direction as the water is running. Rips are a



cause of problems for swimmers who get caught in them and pulled out to sea but the power of this current is what you are looking to harness. Don't be too concerned if you can't see it and don't use it if you do see it but it takes you close to dangerous areas.

Sheltered areas

Dependant on swell direction you may find that there is some protection afforded by running up the inside of groynes, piers, rocks, etc. If this looks to be the case watch closely for a while to make sure that there are no larger waves coming through that might behave differently, that there is nothing that looks like it is likely to drag you in too close and that there are no partially submerged obstacles and also be aware of rebounding waves.

Breaking zone

Look where the waves get to before they curl over and break. A wave will roll in until it's too tall for the depth and will then trip over itself. Look where the sets of larger waves are tripping over and look where the smaller ones between them are breaking. Judge things correctly and you can paddle out over the foam of a breaker or the mound before it curls. You are going to have to go out through these and it helps to know what you're facing and where you'll face it. Don't stop, don't think, Paddle. HARD.

Wave sets

Waves usually roll in as groups. A large set (for example three or four waves) will come in and break before a smaller set follows it in. Following these will be another larger set of waves. Watch them over the course of two or three sets and look for patterns. The object is to be in the water ready to go as the remnants of the last of the larger ones rolls under the hull. Let the big ones come through and then paddle out – quickly – on the smaller ones. Don't be in a hurry to go but when you commit, COMMIT. He who hesitates is soaked.

Danger zones

Is there somewhere to avoid? An area of rocks, groynes or other obstructions that the kayak may end up thrown into? Are there other beach or water users in the area? Consider what will happen if you don't get it right first time.



Contingencies

If kayak and paddler become separated what then? Which way is the kayak likely to go, where and how can the paddler get ashore, what assistance is available if difficulties arise?

Before committing it is time to have one last check of things onboard. Where possible break down and stow fishing rods and other longer equipment – aside from snapping they can cause entanglement. If access to the hull isn't feasible once out then strap them down along the side of the kayak bearing in mind that they need to be as out of the way as possible. Ensure that all equipment on deck is leashed (with the shortest leashes fitted that are practical). Check that radios, rescue knives and whistles are secure, buoyancy aid is fully fastened, you are not leashed to the kayak and finally, providing that it is safe to do so, unleash the paddle. Bear in mind that if swimmers are in the water it is NOT safe to do so. Paddle leash entanglement can be a danger and can also interfere with paddle use so it is better to come through surf without it.

So, the sea has been studied. Now comes the time to make the decisions. Where are you going to go in, where is the impact zone and how long have you got to get beyond that? Once you are happy then it's time to go.

Launch

Pull the kayak out and go as deep as you can while still being able to get on quickly and smoothly. This is usually somewhere between knee and thigh height. Hold the kayak in your weak hand and the paddle in the other, correctly oriented to go as soon as you are onboard. Keep the kayak straight and upright and as the foam from the last of the larger set comes through jump on, get your feet in and paddle. Don't stop. Don't panic. Just dig deep and push through. If a wave is rearing up towards you lean forwards and keep going – just because you think it will get you doesn't mean it will. When climbing up the face reach forward and use the paddle to 'pull' yourself over it if you can, if not, keep it high and dig it in as soon as the wave come through. Above all, keep yourself straight



and keep yourself moving. If spray hits your face and blinds you keep paddling.

If things don't go as planned and you end up going over or off the side grab hold of the kayak. If capsized try and upright it. Slow down, think about what is happening and what you want to do. Look at the waves. You now have two choices – come back in with the waves or get back on and continue. Make sure you have a clear area to get back on if trying to re-enter and wait until the right moment – let the wave come, haul yourself on, if the next one is close stay there, let it pass and then continue with the re-entry. If it takes three waves to get on without coming off so be it. Once on, paddle. Re-entry in the surf zone can be difficult; keep low at all times and try to keep to the side of the kayak with the nose pointing into the waves.

Do not let go of the paddle if you do get separated from your kayak as aside from any additional flotation it gives this is the most effective propulsion you have available. Use it to paddle yourself ashore as it is far more efficient and effective than swimming, especially as there is likely to be an undertow and you may well be in a rip current.

There is no better preparation for dealing with surf than to practice launching, paddling and landing in it. Time spent getting wet through choice is time that benefits when wanting to stay dry.





Quality fishing kayaks at affordable prices **Starting at £279**

This month we are giving you the chance to **WIN** a brand new Galaxy Sturgeon (£579). To enter visit our Facebook page before Christmas Day to enter the competition. Give us a like:

<https://www.facebook.com/GalaxyKayaksUK>



Our 13ft 5" Sturgeon sit on top kayak comes fully equipped to land your next big catch. This includes rod mounts, live bait well, storage hatch, seat and paddle plus much more!

For more information in the UK visit:

www.galaxykayaks.co.uk or call us on 07714 849595

Or for the rest of Europe visit: www.galaxykayaks.eu



**Life is an
adventure –
discover more
with
Galaxy Kayaks**



The exploration of
a new sea kayaking
destination:

GREECE

Halkidiki

Despite the current European economic climate, interest in sea kayaking in Greece has increased steadily over recent years. Not only are there local providers and some expats, but also a number of British-based providers offering a variety of guided trips and/or formal courses. Greek people are very friendly, always willing to help and fortunately for us speak very good English, especially the younger they are.



**Written by Howard Jeffs
and Pavlos Zitakis**

Adiki Peninsula CE



If you can keep your luggage down to the 10 kg hand allowance, the cost of flights can work out very reasonable, especially when compared to the cost of travelling from the south of the UK or Scotland.

Sitting under the shadow of Greece's highest mountain 'Mount Olympus' (2,917 m), Halkidiki offers a superb range of sea kayaking opportunities. It is well serviced by an international airport at Thessaloniki and a good road network, which reduces travelling time substantially, when compared to the islands of the Aegean where an additional ferry journey is often required. Flight time from the UK is approximately three and a half hours.

Halkidiki consists of three separate peninsulas, locally known as legs. The western leg is 'Kassandra' and is separated by the Gulf of Toroneos from the central leg 'Sithonia' which in turn is separated by the Gulf of Sigitikos from the eastern leg 'Athos'.

Kassandra is less than an hour's drive from Thessaloniki and its northern part is the most popular holiday destination for foreigners, abundant with large hotels and night clubs. The southern tip of the leg, however offers a remote coastline, secluded bays and steep cliffs, supported at the end of the day by fine regional wine and excellent local sea food! Historically it is also famous for its hot springs.

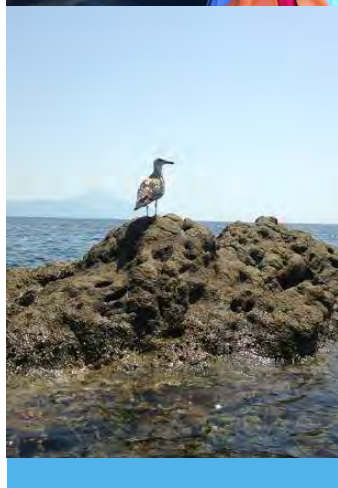
The gem of the area

Sithonia is without doubt the gem of the area for sea kayaking, offering single or multi-day trips. It is far quieter, relaxed and very popular with locals.

Both sides of the peninsula have a range of islands at varying distances from the shore. The area is higher than Kassandra and in places heavily wooded all the way down to the shoreline with a mixture of deciduous and carboniferous trees. As you progress south, the coastline becomes more rugged with cliffs slowly increasing in height, until you reach the entrance of Port Koufo, one of Greece's popular sea cliff climbing areas, similar to that of Gogarth on Anglesey.

The eastern leg, Agio Oros, is the home of the area's highest mountain, Mount Athos (2,003 m). Mount Athos is known as the holy mountain and hundreds of pilgrims make the trip to its summit each year. However only male pilgrims are allowed! The lower two-thirds of Agio Oros is a World Heritage site and closed off to the female population. Self-governed, it is home to over 20 monasteries supported by a community of monks who produce most of their own food. Products like honey and wine subsidise their existence.

Access to this closed community is only allowed through special written permission, requested in advance and visitors are then collected by boat from Ouranoupoli. Access by kayak is strictly forbidden as you are required to stay at least one kilometre off shore. Circling the peninsula is in excess of what could reasonably be achieved in a day without landing. However, on the north-western side of the leg is the picturesque village of Ouranoupoli with the island of Ammouliani less than a mile off shore. A circumnavigation makes an ideal day trip.





One of the area



Final footage:

<http://vimeo.com/67285999>



's challenges is starting from



Ouranoupoli and making the crossing to Ammouliani, then the longer crossing of the Gulf of Sigitikos (approximately six nautical miles) to Diaporos Islands, just north of Vourvourou. Combine this with a rounding of the Sithonia peninsula and the crossing of the Gulf of Toroneos (approximately nine nautical miles) to Kassandra, you are guaranteed a fine multi-day expedition in anyone's log book!

The best time of year for kayaking in Halkidiki is probably May/June and September/early October. The main summer months though usually more settled, are probably too hot for most folks to find comfortable, as daytime temperatures reach well into the mid 30s! Winds slowly pick up during the day as is typical for the Mediterranean this time of year, with sea breeze reaching up to Beaufort force five or six by late afternoon and only dying down during early evening.

The winter months offer long settled periods. Although temperatures will be well lower, similar to that of spring in the UK, there is greater chance of stronger winds and a greater chance of unsettled weather. However, Mount Olympus will probably be clothed in snow and most holiday facilities closed for the season. If you want quiet and remote, this is the time to come. With a very small tidal range, the Mediterranean does not have the strong tidal streams experienced in parts of Britain. That said, between some of the islands, constrictions and shallowing's off the more exposed headlands tidal flow can sometimes be experienced. This is more likely during spring tides causing waves to increase in height when met with opposing winds.

The area offers huge potential for those looking for a relaxed paddling experience in a different area/country with the opportunity for some 'off shore' challenges.



For more information, visit www.exploretheoutside.com, a locally managed adventure travel company, offering tailor-made holidays, guided trips and formal BCU courses. Designed by people who love adventure and embrace the 'leave-no-trace' philosophy, a set of principles designed to promote conservation in the outdoors.

other GRECIAN STORIES

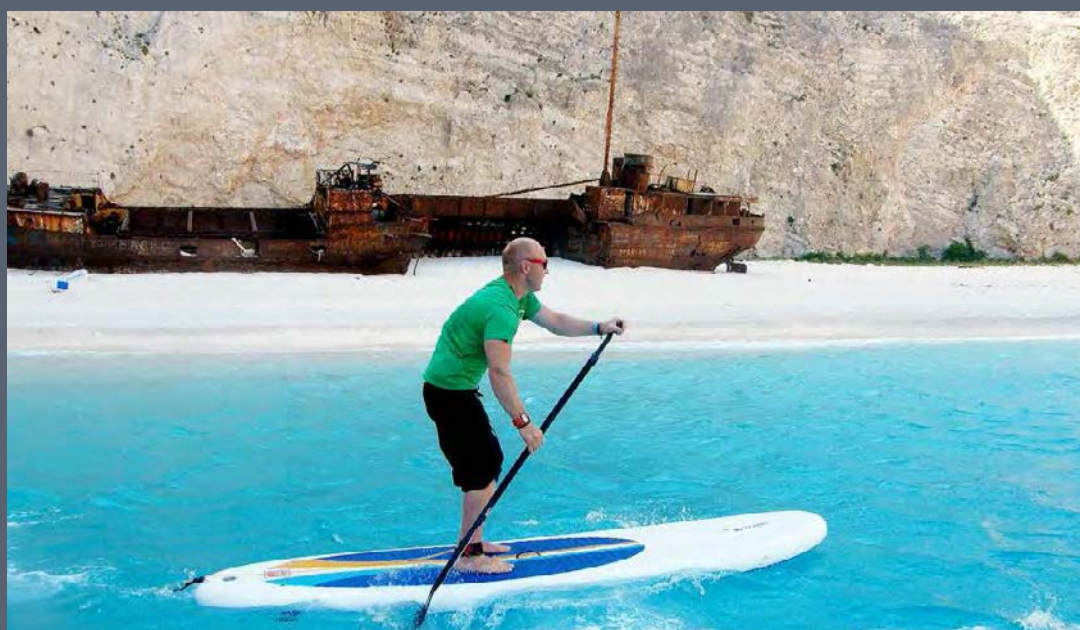


Damouchari, a hidden gem

By Apostolos Kontoulis

North east Pelion, Greece. A breathtaking landscape that combines Mediterranean wild forests and high peaks (1,600m+) with remote pristine beaches. Home of the mythical centaurs, half-men half-horse creatures.

Read more... <http://joom.ag/iwEX/p106>



The other side of Zac'

By Tez Plavenieks

'You're going where?' my best mate asked in disbelief when I told him the choice of destination for our SUP trip...and I have to say, sitting in the departure lounge, waiting for our flight to be called, surrounded by Zante bound stag and hen parties, I'm inclined to ask myself the same question.

Read more... <http://joom.ag/RNNX/p14>



facebook.com/Point65Kayaks

POINT 65°N
Kayaks SWEDEN



Modular Kayaks

Join us



For details on the full Point 65°N UK range, please scan the QR code.



Point 65°N products are distributed in the UK and Ireland by Lyon Equipment - www.lyon.co.uk

East Gro

In the late 1920s and early 30s the celebrated British explorer, Gino Watkins made his indelible mark upon the world of polar exploration. Whilst enduring the financial hardship of the Great Depression, Watkins led an expedition to the icy and mountainous coast of East Greenland.

Sunset over Glacier de France.

The aim was to find a site for an airfield to form part of the first trans-Atlantic air route. He formed valuable friendships with Greenlandic people who taught him the kayaking, hunting and fishing skills that would be needed to live in this harsh environment. With limited supplies and equipment, the plan to spend two years mapping the coastline and gathering weather data was ambitious. In 2014 our team of expedition kayakers set out to explore this rugged stretch of East Greenland coast, and to see what remains of Watkins' basecamp at Lake Fjord.



By Jim Kraw

Greenland



vilecki

Paddling East Greenland is
typified by ice and mountains

Sea Kayak guide Martin Rickard

has been exploring the area for the last 14 years. During that time he has established an expedition base at Tasiilaq with an excellent fleet of kayaks and other expedition essentials. During the short summer seasons, Martin runs expeditions for paying clients and in 2012 and 2013 I had been to East Greenland to help out. Lake Fjord lies far beyond the areas where hikers and paddlers normally go; so when I was invited on this trip, I jumped at the chance!

Arriving at Sermiligaaq

Just over half way through the flight From Reykjavik, we began to see the jagged frozen coast of East Greenland. As we got closer we could pick out some of the headlands and islands that we would be paddling round in the next 16 days. The motorboat journey from the airfield at Kulusuk to the northern settlement at Sermiligaaq took just over 90 minutes. Once we arrived first job was to get to the shop to buy some additional supplies to supplement the dehydrated rations that we had brought with us. Martin had arranged for his last guided trip to finish in Sermiligaaq. This meant kayaks were waiting for us on the beach all but ready to go. While we were packing the

While we were packing our kayaks a small group of hunters were quietly gathering between a couple of houses at the head of the beach. One of them asked where we were going. Our mention of Lake Fjord was met with blank expressions. They were more impressed when we referred to it as, 'Tugtilik'. They took on a more serious tone and urged us to be careful out there. All loaded up, we launched into a misty afternoon and paddled for just after an hour until reaching our first camp. After pitching my tent I went for a short walk around the nearby headland and gazed at the moon rising over the ice-laden channel that we would be paddling through the next day. It really felt as though we were about to paddle off the edge of the world.

Stepping off

There had been a steady breeze from the sea since we landed. This brought a penetrating chill that reminded me that we were in a lonely Arctic wilderness. I had been feeling cold all night. I was woken at 5am for my hour-long lookout shift. We would do this most nights so that if an inquisitive Polar bear would wander by our camp, we would not be taken by surprise. I made myself a cup of hot chocolate and huddled out of the wind behind a boulder; watching, waiting and hoping for nothing to happen. After my shift, I felt the benefit of the warm drink and got a couple of more hours in the land of nod.

Paddling from our first camp filled us with excitement and anticipation. The wind had abated, the morning sun warmed the air and gave the bergs a bright, fresh new look. The peak of the first exposed headland towered nearly 700 metres over the calm ocean. The sheer scale of the scenery was difficult to take in. The rest of the day's paddle was less exposed with the sparkling coastal waters protected by a series of off-lying islands with towering peaks and rock spires. We landed in the late afternoon sunshine on a sandy beach at the island of Gruse. To the west, the steep rocky coastline was dissected by immense calving glaciers. Every now and then, a huge shard, the size of a block of flats would fall from the ice-cliff and crash into the sea.

This would give a thunderous boom shattering the peace of what had become a still and silent evening. In the distance to the north we could make out Ailsa Island and our crux headland dubbed 'Hell Corner' by the 1932 British Air Route Expedition team. We were stepping off into territory where even the local hunters would rarely choose to venture. During the next couple of days we paddled steadily north keeping within a mile or so from the glaciated coastline.

The further we paddled north, the more colossal the coastline became. To the west lay a deep inlet called Depot Fjord. A shifting gusty wind and an increasingly threatening sea state hindered our approach to the fjord. With aching limbs and snot-streaked, wind-burned faces we landed on a tiny beach on Depot Island at the entrance to the fjord. We would remain stormbound here for a day and a half.

Once the weather loosened its grip, we got underway. A gentle southerly breeze followed us out of the channel that led out to the open sea. The swell was powerful as it crashed explosively into the foot of the huge cliffs. Progressively choppy seas greeted us at each new headland and as we paddled into lengthening shadows it grew colder too.



Ready to launch
at Sermiligaaq

Packing the toys away



It really felt as though we were about to
paddle off the edge of
the world







Steep rocky coastline dissected
by immense calving glaciers

Greenland

Late evening on Gruse Island



The sheer scale of the scenery was difficult to take in

Passing Sermiligaag as the expedition draws to a close



It was with a

great sense of relief that we reached the southern tip of Storø at around 6pm. Storø means big island in Danish and with it has towering peaks and ridges reaching to over 800 metres it lives up to its name. Our relief was short-lived as we realized that our camp for the night in one of the northern bays was still over two hours paddling away. The warmth of the sun had gone by the time of our arrival. Fortunately, there were two shabby hunting cabins. They seemed to be in reasonably good condition, and although a bit creaky and smelly, we were too tired and cold to care about that. There was no need for us to pitch our tents or watch out for Polar bears.

Hell corner

The team rose early soon after the sun rose into the blue morning sky. The weather forecast was a little sketchy but sea had become calmer. The beginning of



'Hell Corner', a 30kms stretch of coastline with no landings, lies around 10kms across a wide channel from the northern tip of Storø. The closer we got to the first headland, greater the swell became.

The waters became choppy than we had seen on this trip. Several huge bergs that were surging and rocking in the swell gave us only limited room to get through. We had expected more pack ice sitting just offshore. The presence of pack ice serves as a slowly drifting breakwater and dampens off much of the energy from the swell. It is also possible to land on these flat fragments of frozen ocean to rest during long passages. On this occasion the pack ice was gone. Only huge bergs remained leaving our route around 'Hell Corner' dangerously constricted and exposed to the undiluted power of the Denmark Strait.

The group had gone quiet. There was none of the usual chatty banter. A decision needed to be made and agreed upon so we rafted up. Even holding the kayaks together was tricky as they banged together in the surging choppy sea. With a further 30 kms of committing paddling to go, there

was insufficient confidence to go ahead, especially as we had only a vague weather forecast for the return. Reluctantly, we decided to retreat to a beach that we had passed some 40 minutes earlier and have a re-think. We landed through surf onto a broad pebbly beach in a bay that was littered ice fragments. We took our time to eat, rest and recuperate. While we had been resting, the surf had increased. The increasing sea state confirmed our decision to abandon our plans to reach Lake Fjord.

Northern Lights

We found a great place to camp less than two hours paddling east from our 'retreat beach'. There was fresh water, plenty of space for tents and excellent views along the coast and across the icy sea. We had landed earlier than normal so there was plenty of time to relax and enjoy our surroundings. It wasn't long before I dozed off. I woke up at 1am for my 'bearwatch' shift.

I was surprised as to how dark it was. In mid-August the Arctic nights get progressively dark at an alarming rate. I stood on a rocky knoll and did a sweep of the nearby shore with the main beam of my head torch. I must have been feeling a little on edge because I nearly jumped out of my skin when my torch picked out a particularly pale (bear-shaped) boulder on the beach. As my heart-rate returned to normal I put on my stove to make a cup of hot chocolate to settle my nerves. It was then that I noticed a pale green stripe gently moving across the dark blue sky. It grew into a collection of broad shafts of light that waved and curled like a curtain caught in a breeze. I had been staring long enough for the water on my stove to boil over.

In the morning it was time to head north-west for our consolation prize; a couple of days exploring Kangertittivatsiaq fjord and the calving face of Glacier de France. The combination of sheltered waters and sunny weather made for almost Mediterranean conditions in Kangertittivatsiaq Fjord. We finished the day two-thirds of the way up the fjord by sunbathing on a beach with flat rocks that were warm from the day's sunshine.

A chilly morning greeted us as we paddled for almost three hours towards the calving face of Glacier de France. The scale of this landscape was difficult to comprehend. I gazed beyond the fragile ice cliff and across the surface of the glacier stretching, twisting and curving for mile upon mile towards the mountains in the hazy distance. The most distant mountains were well off our map and north of the Arctic Circle. This place was peaceful and quiet apart from the 'snap crackle and pop' from the brash ice. As the strong morning sun warms up small ice fragments, tiny pressurised air bubbles burst as the surfaces melt. The fizzing and popping sound is amazing. Like paddling through a giant bowl of 'Rice Crispies'. The ice kept us busy as we turned to paddle south and continue our journey. From now onwards we would be working our way back towards Sermiligaaq and eventually Tasiilaq.

Thousands of rusty oil drums at the abandoned US airbase



We re-traced our route to Sermiligaaq visiting our previous camps on the islands of Storø and Gruse. With time in hand we could explore the remains of old Eskimo settlements and hike up onto the high ridges to take in the expansive views of the mountainous coastline. A forecast of poor weather combined with news of a volcanic eruption in Iceland prompted us to make a dash for Martin's expedition base at Tasilaq in order to wind things up and sort out the kit before strong winds and heavy rain would make this task a great effort. It was a bit of an anti climax to return early but the underlying memory is of an expedition to a majestic coastline with such scale that I could not have imagined. The glaciers, the cliffs, the bergs and the Northern Lights were all so much beyond what my dreams could conjure up. As for Lake Fjord and the Watkins base camp; they will be there for another time and another adventure...

Finally, I'd like to pass on my thanks to Martin Rickard at Sea Kayak Adventures for his impeccable guidance and logistics arrangements, Clif Bar and Company for keeping us all in healthy and nutritious snacks, Lyon Equipment for support with Ortlieb dry bags and Trek 'n Eat expedition meals, Mitchell Blades for my excellent 4-piece Bombora paddles and finally to Peak UK and P&H Custom Sea Kayaks for their continued support.



Colossal ice bergs



WERNER PADDLES

Ultimate Paddle Performance™

WERNER PADDLES ARE HAND-MADE IN THE US. ONE OF THOSE PADDLES ACCOMPANIES **BJÖRN NEHRHOFF VON HOLDERBERG** ON HIS TRIPS. FROM KIELER BAY, TO LAKE PLÖNER TO THE SCHWENTINE RIVER. FIND OUT MORE ABOUT BJÖRN ON LIQUIDMEDICINE.DE

Scan QR-code to
find your nearest
dealer



www.wernerpaddles.com

Photo: Björn Nehrhoff von Holderberg

European Distribution by System X
www.systemxeurope.com



Pete Astles. Dorset. Image: Paul Ramsdale

PEAK



Explorer Suit & Explorer Zip Pfd

PEAK UK
www.peakuk.com

Quality • Performance • Design

Kayak Paddler

- 138 Interview
Canada's freestyle champ **Nick Troutman**
- 146 United Kingdom
Hurley's 25th by **Dave Wortley & Antony Edmonds**
- 156 Europe
The 2014 Pyranha Tour of Europe by **Matt Cooke**
- 170 Laos
Kayaking through karsts by **Karla Held**



2x Double World Champion Claire O'Hara. Image: Pete Astles

CLUBS
TEAMS
INDIVIDUALS
FLAGS
LOGOS
PHOTOS

anything is possible...

CUSTOM GEAR



Contact us for a quote

PEAKUK

T: +44 (0)1629 732611

E: info@peakuk.com

www.peakuk.com

Nick

World Freestyle Kayak Champion, expected to win

An interview with one of the best

FROM



ditioner, film maker and now a dad.
e of the most popular paddlers on the circuit.



Nick winning the 2014 Hurley Classic
Photo: Antony Edmonds

F



By Seth Ashworth

My Name is Nick Troutman and I am a kayaker. I started paddling back when I was 13 and after 15 minutes in a boat I was totally hooked. I have been fortunate enough to be able to travel the world with my kayak in tow. Kayaking has shown me a world very few people are able to experience and I have been able to meet some very interesting people along the way. I now have a new son, Tucker, and I can't wait to share this with him.

Firstly, congrats on winning the Hurley Classic 2014 a few weeks ago — why does this event mean so much to you?

I have heard about Hurley and wanted to check it out since I was 15. I have also never been to England before and jumped at the opportunity to come and compete at the 25th anniversary of the Hurley Classic. I also thought that it would be a great warm-up event for the upcoming World Championships on Garb in Canada next summer.

What one memory of England will you take back with you?

Just one memory is hard... though it would probably be some good ol' English ale and some fish and chips at the Rising Sun pub just down the street from Hurley. I liked the fish and chips so much I had it three times that week!

What is the biggest accomplishment in your career?

Um... That is also a tough one. I guess winning the World Championships was pretty cool.

What would be your ultimate achievement?

Um... Paddling with my son in a World Championships, or on an expedition or something, that would be pretty sweet in my mind.

Apart from freestyle and river running — are there any other areas of paddling you would like to explore?

There are lots of types of kayaking, play boating, competing, racing, creaking, waterfalls, big water, expedition, slalom, sea kayaking, fishing, down river, sprint, flat water, etc. I try to be pretty open minded and try as many types of paddling as possible. Though I would like to do more expeditions. Doing a first descent or big mission is always fun because it brings a team aspect to a solo sport and you have a great sense of accomplishment once you complete it.

Nick Troutman



When preparing for an expedition to a far away place in challenging conditions — what are the qualities you look for in a fellow kayaker?

There are a couple criteria I like to follow:

- Have I paddled with the person before or do I know someone that mind vouch for their skills?
- Do I feel safe putting my life in their hands, can I trust this person with my life?
- How are their decision making skills?
- How safety conscience are they?
- Pretty much just make sure that they aren't going to put me at any risk, and make sure that if it is a big trip, the person isn't going to drive me crazy. Really just looking for people to work well together and be safe.

Favourite freestyle move?

The Airscrew, it has always been my favourite.

Over the years, which kayaking event has left a lasting impression?

I have been to many amazing events, though one that leaves a lasting impression would be the Whitewater Grand Prix. It is a bit loosely organized but the concept of going to wherever the best features are and the combination of both racing and freestyle has always stuck with me as a really cool concept.

Tell us a bit about your training regime. How does your average session go?

I usually don't train, and instead focus on just paddling and having fun. Though when training I guess I pick a goal and try to achieve it, where it is focusing on working on a specific trick or trying to nail a full routine ride. Mainly I just have fun and try to smile a lot.

Give a brief rundown of the other sports you do (if any) and how that helps with your paddling?

I pretty much do or at least try almost any sport I can. Running, climbing, biking, etc., just anything to keep me active.

Now that you are a dad, how has this affected your paddling — if at all?

I don't think it has affected my paddling too much, I have paddled and travelled more this year than ever maybe. Though it does affect how much I get to paddle with Emily. When we want to paddle together we have to find a baby sitter, though luckily grandma is usually up for the challenge.

What river would be on your bucket list?

Grand Canyon of the Stikine

What are the best Jackson Kayak packs?

Well, we do have some packs to choose from, though I also think our team has a truly team feel. Stephen, Jason, Mathieu and I all coach each other and help them out, even though we are against one another.

I'm a paddler and a parent. What holiday, where would you recommend?

The Hairy Lemon on the V. It has been a top choice in my mind.

Final shout outs?

Thanks to my sponsors Jackson Kayak and GoPro for without them I wouldn't be here. Well as a big thanks to my friends who helped my out and support me.



Nick Troutman

Benefits of being a
paddler?

Pretty good boats to
feel like Jackson kayak
Even here at Hurley,
and I were all trying to
each other do the best
we were competing

going on
could you

White Nile has always
ind.

Jackson Kayak, Adidas and
couldn't do what I do. As
family and everyone who
helped me along the way.

SAS Hurley Classic
By Nick Troutman





If you could paddle with anyone in the world dead or alive who would it be?

Abraham Lincoln.

Which famous person would you most like to see play you in a film?

Brad Pitt or Will Ferrell.

Pick two celebrities to be your parents

No idea.

Favourite iPod track?

'Take me to Church'.

If you won \$20 million on the lottery, what would you do with it?

Build a house in Tennessee and on the Ottawa, have an RV, put some money away for my family, and then donate and start a clean water project for people without.

Cats or dogs

Dogs.

Facebook or Twitter

FB.

An ideal night out for you is?

Go get a nice meal, good beer or glass of wine, maybe a movie and spend some alone time with my beautiful wife Emily.

What's the one luxury item you would take on a desert island?

Depends on how fancy it was, but maybe home-made Lasagna.

Biggest turn-off?

Knock on wood, not yet, or at least none that I ever went to the doctor for, unless you count a

What would I find in your refrigerator right now?

Distrust.

If we came to your house for dinner, what would you prepare for us?

Depends on how fancy it was, but maybe home-made Lasagna.

Any broken bones?

Knock on wood, not yet, or at least none that I ever went to the doctor for, unless you count a separated shoulder.

If you could be a wild animal – what would it be?

Either a river otter or a tiger.

Fill in the blanks: I am _____?

a kayaker.

OK Nick let's finish with something short and snappy...

Nick Troutman

Thanks for taking the time out of your busy schedule:)

Silver

Hur



linings

ey's 25th colourful birthday bash



The SAS Hurley Classic kayaking competition celebrated its 25th Birthday with over 220 kayakers attending from all over the UK, Europe and some from even as far as USA, Canada and South Korea. The weir at Hurley is famous for creating a symmetrical wave that is perfect for freestyle kayaking with the full array of wave and hole moves possible at this unique spot on the magical 3 gates level.

A field of world-class athletes joined paddlers from all levels in taking part in this renowned event. For the first time there was a session dedicated to the junior paddlers, with coaching by top international paddlers, learning new tricks and freestyle moves, learning how to practice moves on the dry of the bank, stand-up-paddle boarding, flat-water freestyle and learning how to do powerful paddle-strokes on the ergometer. There were also lectures and talks as well as stands representing our supporters from all over the paddle-sport industries.

A return for the old-skool event saw classic kayak designs from years gone by fighting out for the title of King of the Old-Skool event, with Tim Thomas showcasing his moves and winning the event.

An open-session throughout the afternoon allowed paddlers to demo boats and practice ahead of the Sunday event.

**Photos by
Antony
Edmonds**

**Text by
Dave
Wortley**

Hurley Classic 2014 The Hurley Classic 2014



BoaterX event

For the third year in a row there was the WhiteWater The Canoe Centre / Palm Equipment Europe BoaterX event. A huge start-ramp had been constructed for the event to give an intimidating start with an exciting seal launch to start each round of the BoaterX. The course saw competitors battling their way passed 8-Balls trying to put you off course, navigating the buoys and avoiding the spray from the mystery water-hose sprayer; one quick spin around the final marker and it was a charge down to the finish line. This year each challenger was timed so the winner of each heat went through as well as the fastest losers.

A showcase final was put on to wow the crowds on the Saturday evening with American, Jason Craig winning the show-final scoring a huge aerial bonus for one of the biggest loops ever seen at Hurley.



Hurley Classic 2014 Hurley Classic 2014





Hurley Weir
England





The Saturday

night concluded with a banquet for 240 people in the marquee on the banks of the Thames with a talk by Mariann Saether on how dams are effecting paddling and developing countries around the world as well as TVF Awards being given out for various achievements and notable exceptions. This year the Graeme Laycock Community Paddler Award was given to Andrew 'Jacko' Jackson for all his amazing help and enthusiasm in the valley and making the Hurley Classic the event it is.

The SAS Hurley Classic competition began with heats at 8am, the water had sadly dropped down to a two gate level, with 220 paddlers to get through the judges were in for a challenging day! Thankfully a start of the art judging system was in place that allowed the judges to sit in the nice warm and dry marquee watching the paddlers throw their moves via a video relay system which for the first time allowed judges to view moves from multiple angles. A system we are sure to see introduced at all major events.

The Classic runs in jam sessions designed to allow paddlers time to enjoy themselves and get multiple goes at having rides, trying every single move on the score sheet and getting to paddle alongside people from all abilities and compete with some of the best of the world in their heat.

There was then an ICF style super-final for the best 10 paddlers which saw a mix of local and international paddlers competing, the water levels had risen so the final could take place under the floodlights with three gates.

The ladies' event was won by Fiona Jarvie who has returned to the sport after retirement and regaining her title as SAS Hurley Classic Champion, closely followed by Former European Champion Lowri Davies and former SAS Hurley Classic Champion Emily Ward.





This year the Graeme Laycock
Community Paddler Award was given to
Andrew 'Jacko' Jackson for all his
amazing help
and enthusiasm



The men's final


took place under floodlights and was won by former world-champion and first-time visitor to the UK, Nick Troutman from Canada. Coming in just in front of last year's reigning champion Stephen Wright from the USA, with Sebastien Devred from France taking the third place spot.

The event isn't all about the elite level with awards being handed out for Novice, Intermediate, Junior and Masters' Classes, encouraging the sport at all levels, with several of the juniors mixing it up with the senior scores!

We'd like to extend our thanks to the SAS Institute for their continued support of the event as well as all the volunteers and supporters who gave up their free time to make the event run and a big thank you from the entire Thames Valley Community to Jacko Jackson for organising the event each year, it gets bigger and better each year and we can't wait for next year!







For summer 2014, Pyranha Kayaks, once again, sent a team of kayakers over the channel with a fleet of kayaks to visit European Pyranha dealers, compete in some of the prestigious white water kayak events of the season and have a damn good road trip to boot.

The organisation for this year's tour was spread between David Bain, the core management team and myself. One goal for the tour was to improve relationships with our European distributors, mandatory visit the outlets with time to talk through any issues and to attend and assist a mix of events. With all bar one of our visits being over a weekend, it gave us ample time and opportunity to explore.

By Matt Cooke
Photos by Matt Cooke and David Bain

PYRANHA TEAM T

EU



TOUR



ROP



Markkleeburg XXL P

Markkleeburg XXL Paddle Festival was the first and by far the busiest commercial weekend. David, after a long drive to Germany, and myself set up shop along side the white water course for the last weekend of April to show off Pyranha's fleet of kayaks. The sun was out during the days but the evening temperatures dropped to almost freezing. I suddenly found myself wishing I had brought a warmer sleeping bag and duck down duvet and water bottle.

The weekend had felt like a small festival with lots to do for the big and little kids on and off the water. There were races, clinics, demonstrations and evening entertainment from Olaf Obsommer. Our highlight was helping a family go kayaking and SUP boarding. The children were instantly sold on the idea and wasted no time nagging their parents to buy them EVERYTHING. They left the weekend with signed caps, t-shirts and a new found passion for kayaking.



Markkleeburg XXL Paddle Festival 2014

Blog: <http://www.teampyranha.com/?p=16311>

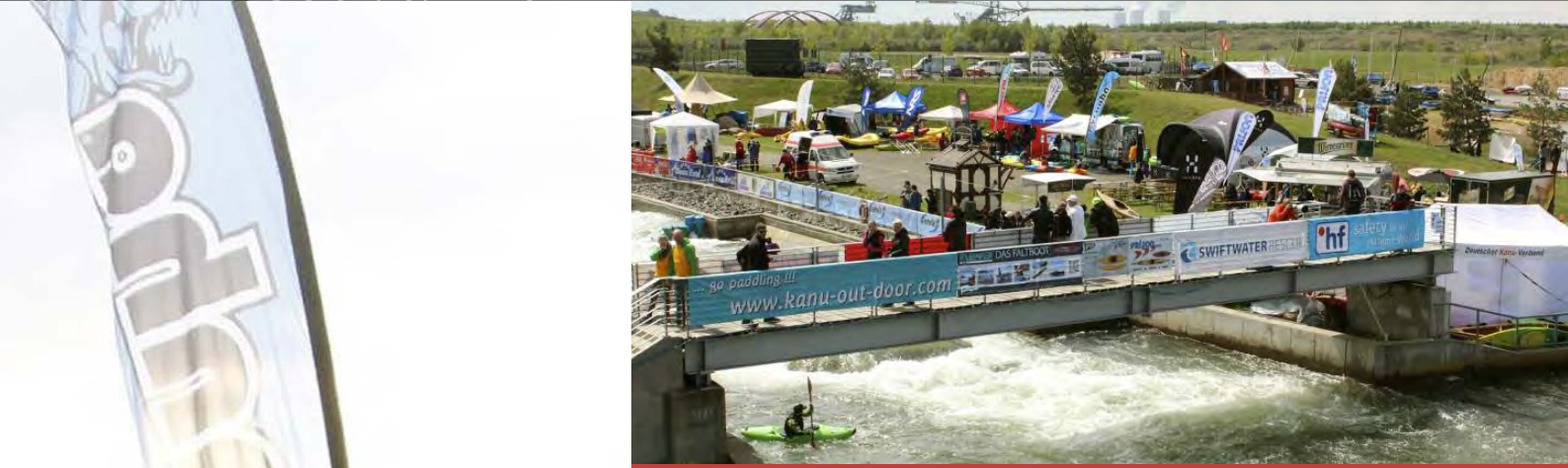
Movie: <http://vimeo.com/95189739>

For more information visit Paddelfestival Markkleeberg on Facebook alternatively visit: <http://www.paddelfestival.de>



GERMAN

Paddle Festival 2014





Innsbruck, Source to Sea Festival & Augsburg

Source to Sea

When the festival came to a close, we set a new heading to Austria for the 2nd Annual Source to Sea Kayak Festival. We were about to hit up our first natural river of the tour; the Melach, to scout the run for dangers before the race at the weekend. We actually had a whole week to spend in Austria and with the water levels low in Innsbruck, we stretched our legs and headed over to Oetz to visit old man river, Arnd Schaeftlein. There, we did some paddle boarding, surfing, biking and boating with friends. After a pleasant few days in Oetz we cruised back to Natterer See camp to help set up for the festival. For me the highlights from the festival were paddling new local runs with our new friends followed by a party on Saturday night fuelled by Schorschi Schauf from the come back clothing and thermal line of Young Pirates.

The campground at Natterer See on the hillside of Innsbruck is stunning. It surrounds an idyllic lake setting with a jaw dropping backdrop of snow peaked mountains and lush green hills. The camp is an eco driven designed camping paradise. Clean, sustainable and refreshingly original. A must see location for a very pleasurable camping/ caravanning experience with classic white water on your doorstep. On the shore of the lake lies source to sea shop and kayak school by Bernie and his crew of misfits – a crew of top class boaters and coaches who provide guided runs and coaching in the area.

There was no official program on the Sunday, we had a few demos still out so we had a nice relaxing day coaching by the lake. Not a bad place to spend the day.

Augsburg

As soon as the kayaks were returned, we said our goodbyes and cruised to Augsburg in Germany. We were to meet with up Wolfgang from Kanutref kayak shop and hook up with team mate Thomas Funke. The aim of our visit was to support Kanutref by attending a demo evening at the Eiskanal slalom course, the first artificial course opened in 1972 for the Munich Olympics, still one of the most widely used course in the World.



AUSTRIA/GERMANY

Augsburg Demo Day



ANY



Source to Sea Festival

Blog: <http://www.teampyranha.com/?p=16437>

Movie: <http://vimeo.com/95655957>

Source to Sea: <http://www.kayak-tyrol.com>



It surrounds an **idyllic lake** setting with a jaw dropping backdrop of

snow peaked

mountains and **lush green** hills

We had a fun filled evening at the course teaming up with Wolfgang. We hosted a BBQ for all attending and got to meet the founders of the course after an award ceremony being held there. Our young pirate hoodies looked slightly out of place with all the slalom suits about the place but we broke the ice with some British charm and sausages towards the end of the evening. During our stay in Augsburg, we stayed with Thomas Funke and his family and utilised the opportunity to catch up on tour business and get some training sessions in. Augsburg is a thriving mecca for sport and industry set in a beautiful part of Germany and provides the tour with a respite to eat nice food, sleep in a warm bed and fix any issues we had with our equipment. A big thank you goes to Thomas and his family for welcoming us into their home and providing us with such comforts and convenience.



Augsburg Demo Day

Blog: <http://www.teampyranha.com/?p=16471>

Movie: <http://vimeo.com/96585980>

<http://www.eiskanal-augsburg.de/> / <http://www.kanu-treff.de> (shop)





Lyon Demo Day, Valsesia & Gen

FRANCE

Lyon

We would soon be in the Italian Alps for the Gene 17 River Festival where we would experience the first of our world-class white water. Before that, we had one more main dealer to visit, Bruno from KWA kayak shop in Lyon, an eight-hour drive from Augsburg.

Our demo weekend was at the Espace eaux vives white water park in St Pierre de Boeuf, one hour from Lyon. The small quaint channel has been developed for rafting, hydrospeeds, kayaks and pretty much anything that floats. Crazy Frenchies, gotta love em! It is fun in the sun for the whole family, pokey freestyle features. On the Sunday evening after a weekend of coaching and demos, we said our goodbyes to Bruno and our new friends and put St Pierre de Boeuf to our stern and set a new heading for Valsesia.

Valsesia

You will experience mixed emotions when you travel to Valsesia, especially if you have been there before. I have been coming to this area for ten years now and every time I go back, the water levels are far from consistent but always challenging. From extremely low levels on our arrival to high, extremely dangerous levels over the course of the weekend. Our positive kayaking thoughts resulted in some very high, new and exciting runs on all the classics. We had been praying for white water and now, we had it.

We arrived at Campertogno to support Simon 'Paddy' Westgarth for his Gene 17 Festival, an annual gathering for the avid white water paddler providing coaching clinics plus a selection of competitions over the course of the week at an idyllic camp next to the river.



David Bain on the Ayasse River, and taken by Thom Brown

As well as assisting the event, we utilised the team van to paddle with as many people as possible, allowing anyone to try out our creek boat range. The low water levels we experienced upon arrival led to a change of course for a few days to Aosta to paddle the Ayasse. The Ayasse is home to the prestigious mountain games and provides some of the toughest, spectacular steep creaking in Italy. The river is split into three major sections dropping over 500 metres.

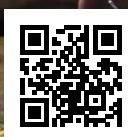
On our return to Valsesia, a predicted storm had topped the river levels to very high. The only run that was safe enough was the middle Sesia that proved to be severely technical and unpredictable large volume chaos. I watched from a bridge as Jamie Wright and Jacob Sedivy disappeared off a tight boof into a crease just a few boat

Lyon Demo Day

Blog: <http://www.teampyrnha.com/?p=16499>

Movie: <http://vimeo.com/96730334>

KWA: <http://www.kwa.fr>



the 17 Festival



ITALY

lengths apart. After gruelling down time, Jamie appeared out of his boat with Jakub up but dazed. It took the best part of an hour to find all the kit that was lost, Jamie was out of the river safely thanks to the crew waiting below, this was a textbook rescue, essential when running pushy lines in flood conditions.

The Alpine Sprint and the Sweet Rumble were the races, both held on the rapid leading down to Campertogno and proved to be a spectacular Rumble final for team paddler David Bain who took home the belt. A well celebrated day as it was also David's 21st birthday. The festival ended with a big party with live music from Les Fokiwa. On Sunday, we had a sporty run down the Upper Sermenza, one of my favourite paddles in the area. A fun steep manageable section for the thrill seeking class five paddler.



Valsesia

Blog: <http://www.teampyranha.com/?p=16558>

Movie: <http://vimeo.com/97817680>

www.ilgattoelavolpe.it/page%20campeggio.html www.gene17kayaking.com





Soca River Festival

So far, the tour was going better than we expected. In just four weeks we had covered over 3,000 kilometres and paddled every single day. The unique thing about being on tour is the range of feelings and emotions you experience. It gives you a sense of purpose and makes you feel alive. With a short trip you experience a lot but when you are away for over two months, driving endless roads, a constant battle with small niggling injuries and continuous problem solving can exhaust you. The quality and beauty of our journey gave us new strength and motivation for our tour had only just begun.

Our next stop was to the emerald waters of the Soča in Slovenia. One of my personal favourite places to paddle if the conditions are perfect. Our host and dealer, Blaž Lužnic from Positive Sport, put us up once again in his apartment for the duration of our stay and we were joined by Greer Mac (UK) and Jana Joeressen (GER). There were four days remaining until the festival so we wasted no time and packed as much kayaking in as possible and spent some time exploring the surrounding valleys. Our main purpose for visiting Kobarid was to support Blaž for the Soča River Festival. The event consisted of one race and a day of coaching clinics and runs down the infamous Syphon Canyon. The race flowed into the evening on Saturday with a finals held in the dark. The race starts as an individual time trial followed by a boater cross to determine a final three off the ramp. The lip of the ramp was over nine foot off the waves and proved for a spectacular show for spectators on the opposite bank.

Prize giving followed the showdown at around 10.30pm. Once everyone had received their prizes, the party kicked in. A party that would have been very different without Limerick Kayak Club



SLOVENIA

who dominated the festivities. We all had a fantastic time on Soča and will certainly continue to visit this wonderful place in the future.

We said our goodbyes to Blaž, Greer and Jana and headed south to pick up agents, Louise Fingleton, Ben Johnston and Dave Kohn-Hollins. The tour bus was now full of Pyranha paddlers for the first time since the tour started in 2011, it really started to feel like a proper team trip and we were enroute to Croatia.



Soca River Festival

Blog: <http://www.teampyranha.com/?p=16581>

Movie: <http://vimeo.com/98168762>

Tel: +38640654475 **Email:** info@positive-sport.com





Rivers Una and Mrezniza



CROATIA

The
Fe





Croatia is slowly becoming the new Slovenia for kayaking. After passing south through the borders of Slovenia and Italy, you must then travel a few hours until you reach the river. Our first stop was the Zrmanja where our host, Matija Link, had prepared a tour of the more popular kayaking runs with some extra little surprises. We paddled the Zrmanja, Cetina, Una, Mreznica, and Krupa during our short four-day visit also meeting up with locals, Marco Lini (local kayaker) and Ivan Safradin (kayak guide, SRT instructor).

The water is mostly spring fed in Croatia. The beautiful ancient rock beds and clear waters make this area an untouched mecca for rafting and kayaking. The country is still recovering economically and still do not have the bustling tourism they so desperately need. There are plenty of local guides with the experience and knowledge to run trips on all these rivers. My highlights were staying at the Raftrek base and spending time with the local guides whose hospitality had once again exceeded our expectations. Matija Link was one of the guides we met in 2013 and kept his promise to show us more of the stunning cascades his country had to offer. The rivers Una and Mreznica were in our eyes the best runs. For the Una, we even had ourselves a police escort and started off with a clean 60-footer followed by more breathtaking drops and rapids. We finally paddled the Mreznica that was again, a beauty and needs to be seen to be believed. The end of the run is marked by a beautiful camp place just as the rapids turn into a very calm class I.

**the journey continues north in the
b issue of The Paddler ezine...**



Croatia

Blog: <http://www.teampyranha.com/?p=16661>

Movie: <http://vimeo.com/99322831>

Matija email: matija.link@gmail.com Ivan email: safradin@hotmail.com



Final footage:

<http://vimeo.com/114802390>



other EUROPEAN STORIES



An Endless Summer Odyssey

By Matt Cooke

The 2013 Pyranha tour of Europe, organised by Liz Forshaw was to become the most successful Pyranha Team Tour to date. We had a great opportunity to utilise the Pyranha van and have an epic kayaking adventure all over Europe, visiting some of the most popular kayaking destinations.

Read more... <http://joom.ag/jKZX/p48>



The land of mountains and some sweet rivers too!

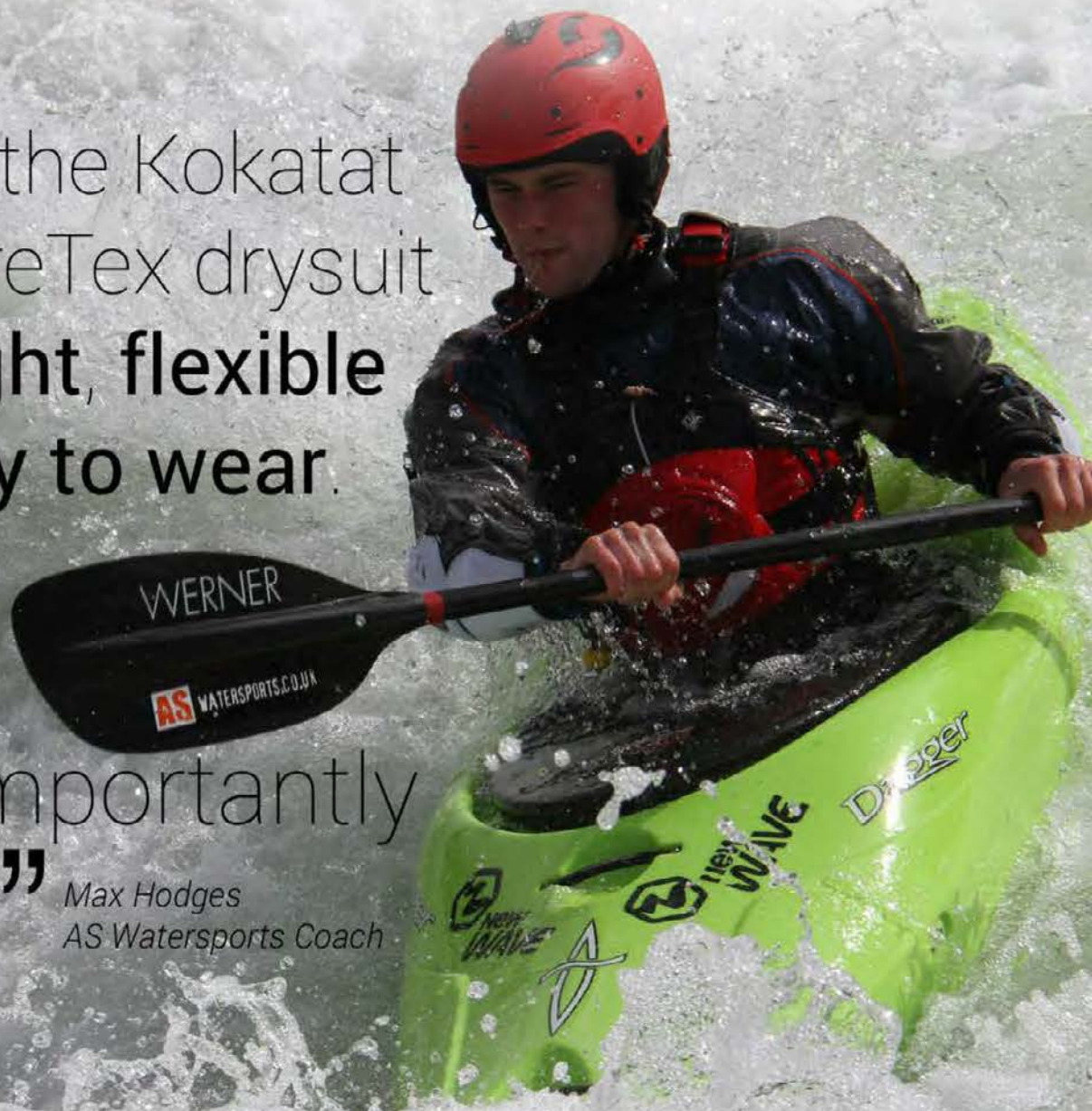
By Steve Brooks

Spring and summer is a special and colourful time in the German speaking Alps. Flowers hang from balconies of houses and hofs (traditional farm houses), high alpine meadows bloom and the ringing of cow bells set in some of the most scenic and dramatic mountains in the world is just another highlight.

Read more... <http://joom.ag/RNNX/p78>

Kōkatat[®]

“I chose the Kokatat Icon GoreTex drysuit as it's **light, flexible** and **easy to wear**.



Most importantly
it's **dry!**”

Max Hodges
AS Watersports Coach

Paddle in comfort this Winter.

Quick Delivery - Finance Available - Buy now:



In-Store Exeter, Devon
Online aswatersports.co.uk
By Phone 01392 219600

AS Watersports, 1 Terracina Court, Exeter, Devon, EX2 8DP, UK

AS Watersports acts as a credit intermediary (and not a credit provider) for the purpose of the Consumer Credit Regulations 2006. Credit is provided subject to credit checks and status.



By Karla Held



How many of
you have ever
been white water
kayaking? Have
you yet kayaked
in Laos?

Kayaking through karsts

Kayaking in Laos can be one of the more singular experiences for kayaking as you can literally kayak through some of the biggest karsts and the most impressive limestone rock formations in the world. Karsts are defined as areas of irregular limestone in which erosion has produced fissures, sinkholes, underground streams, and caverns. It's actually a German word that was named after the Karst, a limestone plateau near Trieste in Europe.

The **Nam Ou** (Laotian: [nâm ù], literally: 'rice bowl river') is one of the longest rivers of Laos. It runs 448 km from Phongsaly Province to Luang Prabang Province. Unlike the Mekong, the Nam Ou is the only natural channel suitable for large-scale river transportation. Near its confluence with the Mekong are the Pak Ou Caves and their Buddha statues.

Some of the biggest karsts in the world are found right here in Asia. Guilin, China, has the largest karsts in the world. Halong Bay, Vietnam, also offers a unique experience with kayaking among large karsts. Having kayaked in both places, I'd prefer kayaking through karsts here in Laos any day.

What I love about kayaking in Laos is that you can truly feel intimate with the landscape and, if

There are various options for getting on the Nam Ou River for an unforgettable experience. If you have a three day weekend, you could fly to Luang Prabang on a Friday afternoon flight (Lao Central Airlines has a very reasonably priced flight at 3pm and Laos Airlines has later flights as well.) If you arrange a tour before, you could be on the river all day Saturday and/or Sunday and return to Vientiane on a Sunday evening or Monday morning.



Karla Held is an ACA certified kayak instructor and freelance photojournalist. She recently lived in Luang Prabang where she worked with one of Laos' oldest and well known adventure companies. She can be contacted with questions or photo inquiries.

if you make the effort to learn just the basics of the Lao language, you can easily feel intimate with the people and children living along the banks of the glorious rivers of this republic. I recommend taking a full day to explore a river and leave time for a leisurely lunch on the river as well as a swim with local children.

The Nam Ou River, literally 'rice bowl' river, is known as one of the most scenic rivers to paddle in Laos and I highly recommend it. Being one of the most important rivers in Laos, it runs 448 km from Phongsaly Province to Luang Prabang. One of the more scenic stretches of the Nam Ou to kayak is a simple day trip out of Luang Prabang.

Karst is a distinctive topography in which the landscape is shaped by the action of water on carbonate bedrock (usually limestone). It is a geological process, occurring over many thousands of years, creating subsurface features ranging from sinkholes, vertical shafts, and caves to complex underground drainage systems and caves.

Green Discovery, which has offices in Vientiane and Luang Prabang, offers one day Nam Ou trips, two day trips including trekking and kayaking and longer trips that take you from stunning Muang Ngoi Kao to Luang Prabang. You can book the trip from Vientiane. Alternatively, there are also other tour companies that offer kayaking on the Nam Ou that can be found in Luang Prabang once you arrive. You can also hike, bike, climb, or take a moto ride in and around the Nam Ou if kayaking is not your thing.



the most important rivers
province. Along with
e-draught boat
Caves, famous for

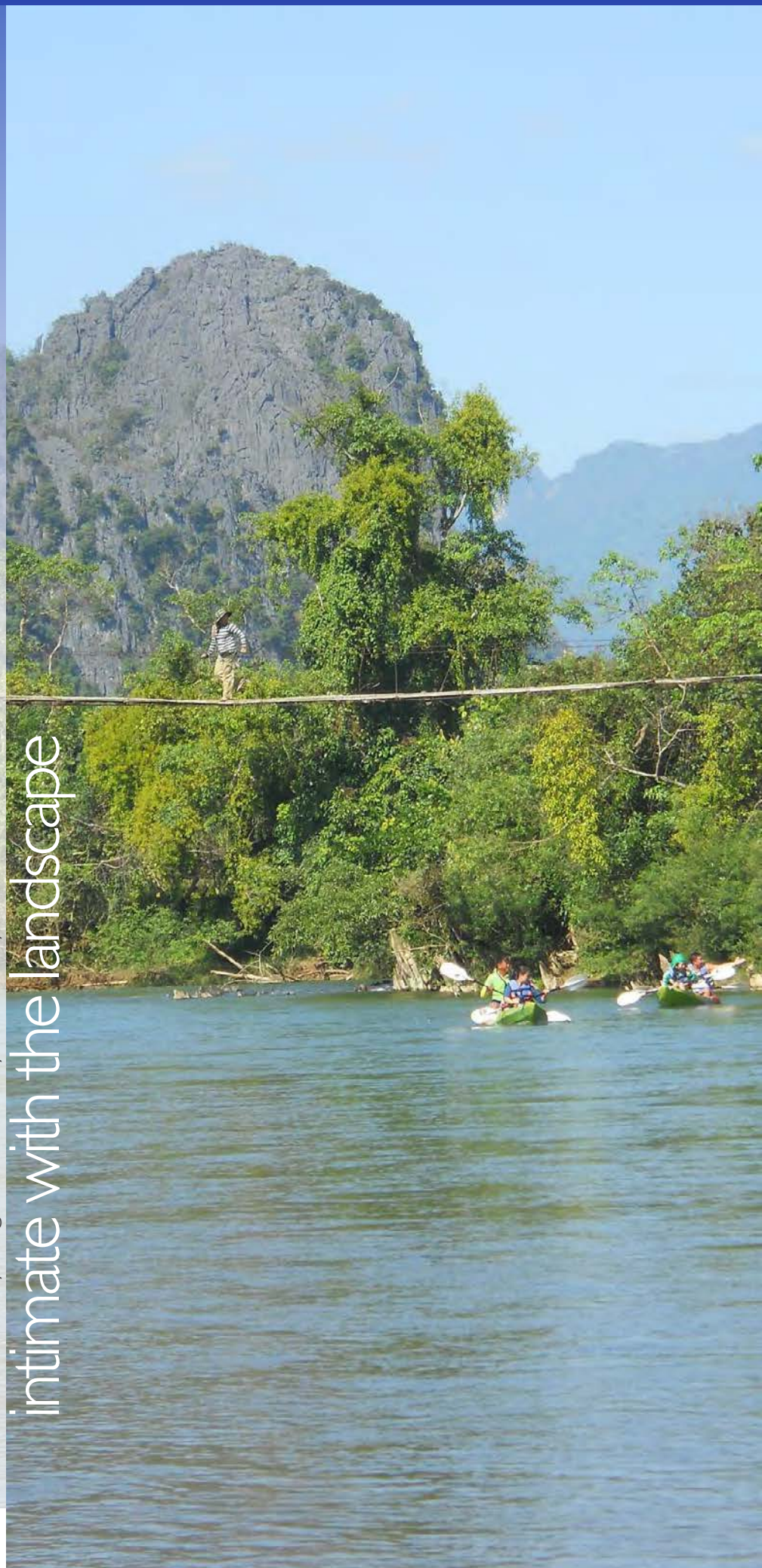
and worked in China, Thailand and Laos,
contacted at karlaheld@hotmail.com

largely shaped by the dissolving
(dolomite, or marble). This
ars, results in unusual surface and
disappearing streams, and springs,



What I love about kayaking in Laos is that you can truly feel

intimate with the landscape







Kayaking through karsts

Laos

The section that I kayaked

was one of the most popular stretches from Luang Prabang and it's roughly an hour north of the city. This section offers class I and II rapids that could be class III rapids during the rainy season. For the more adventurous and experienced kayaker, you might want to get on the river in the height of the rainy season for the more challenging rapids.

For those of you who aren't sure what that means, rapids on rivers are divided into six categories.

A rapid's grade is not fixed, since it may vary greatly depending on the water depth and speed of flow. Although some rapids may be easier at high flows because features are covered or 'washed-out,' high water usually makes rapids more difficult and dangerous.

This stretch of the Nam Ou is considered safe as it's a wide river with wide passages. Your guide is always there to help you through the rapids as well, so I would say this river is suitable for beginners as well as more experienced paddlers. Other areas to kayak through karsts in Laos include Vang Vieng, Thakek and Nong Khiaw. You can find outfitters in all those areas.

Regardless of how much time you have to spend on the Nam Ou River, I highly recommend getting on and in it at some point during your time in Laos. Having the unique chance to kayak through karsts is nothing you will regret, and only an experience and image that will remain forever etched in your mind once seen and felt.





Rivers are divided into six categories. This explains the system:

A rapid's grade is not fixed, since it may vary greatly depending on the water depth and speed of flow. Although some rapids may be easier at high flows because features are covered or 'washed-out,' high water usually makes rapids more difficult and dangerous. (Briefly adapted from the American version (5) of the International Scale of River Difficulty).

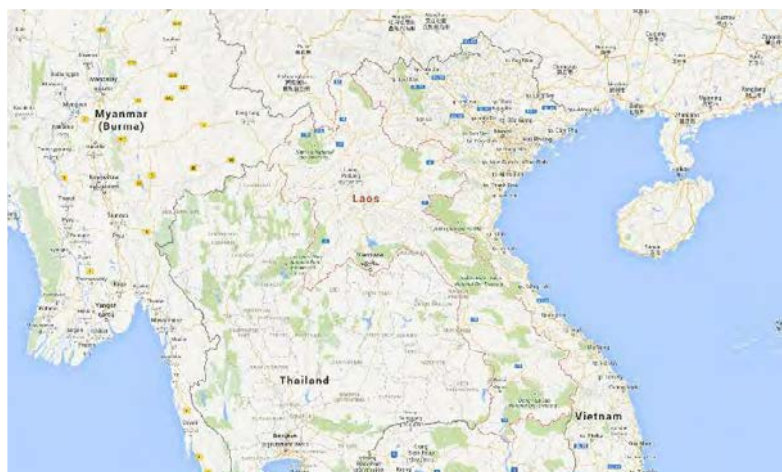
- **Class 1:** Very small rough areas, requires no manoeuvring.
(Skill level: none)
- **Class 2:** Some rough water, maybe some rocks, small drops, might require manoeuvring.
(Skill level: basic paddling skill)
- **Class 3:** Whitewater, medium waves, maybe a 3-5 ft drop, but not much considerable danger. May require significant manoeuvring.
(Skill level: experienced paddling skills)
- **Class 4:** Whitewater, large waves, long rapids, rocks, maybe a considerable drop, sharp manoeuvres may be needed.
(Skill level: advanced whitewater experience)
- **Class 5:** Whitewater, large waves, continuous rapids, large rocks and hazards, maybe a large drop, precise manoeuvring. Often characterized by 'must make' moves, i.e. failure to execute a specific manoeuvre at a specific point may result in serious injury or death. Class 5 is sometimes expanded to Class 5+ that describes the most extreme, runnable rapids.
(Skill level: expert)
- **Class 6:** While there is some debate over the term 'Class 6', in practice it refers to rapids that are not passable and any attempt to do so would result in serious injury, near drowning or death.

INFORMATION



Weather: November to January are the most pleasant months to travel in lowland Laos, when daytime temperatures are warm, evenings are slightly chilly and the countryside is green and lush after the rains. However, at higher elevations temperatures are significantly cooler, sometimes dropping to freezing point. In February, temperatures begin to climb, reaching a peak in April, when the lowlands are baking hot and humid. During this time, the highlands are, for the most part, equally hot if a bit less muggy than the lowlands, though there are places, such as Paksong on the Bolaven Plateau, that have a temperate climate all year-round.

LAOS



Google map

Interesting facts:

- The Laotian New Year celebration is a three-day-long festival held from April 13 to 15.
- The Khone Papeng, which is found in Laos, is the largest waterfall in the whole of Southeast Asia.
- Laos has been tagged as the 'World's Most Bombed Country.' Over two billion tons of bombs were dropped in Laos during the Vietnam War.
- The jars in the Plain of Jars are each big enough to hold a person. The largest of these jars weighs more than six tons!
- The highest point in Laos, the Phou Bia, is unfortunately not open to tourists because it is filled with unexploded ammunition.
- When shopping in Laos, you can pay not only with the Laotian currency, the Lao kip, but also with Thai bahts and US dollars.
- Laos' biggest agricultural export is coffee.
- A full 80% of all Laotian work is in agriculture.

Travel: Unless you hold a passport from Japan or one of the ASEAN member states, you'll need a visa to enter Laos. The good news is that you probably won't need to arrange it in advance; 30-day visas are now available on arrival at most international borders. Note that all visitors must hold a passport that is valid for at least six months from the time of entry.

Good, reliable information on Laos is hard to come by and, because everything from visa requirements to transport routes are subject to frequent change, your best bet is often to get the latest advice from internet forums, guesthouses and fellow travellers.

Health: Good medical coverage is particularly important in Laos where the poor healthcare system means that any serious accident or illness would most likely require you to travel to Thailand for treatment.

Zet Raptor: Still the fastest, toughest, lightest, most responsive creekboat around

Fastest hull in its class
(won Teva Freeride World Champs)

Closed cell foam seat
= a warm bum and no private puddle

Front and rear buoyancy
retention pillars – so foam
cannot slip out

Smaller version
also now available
(called the Veloc)

Bigger version too
(the Director)

No holes drilled
around the cockpit

Bomber
plastic

2 year warranty
on the outfitting

303L volume but it
feels like about 250L

2 year warranty
on the hull



Displacement hull with
just enough edge

C1 outfitting
now available

Variable hull thickness
so it weights only 19Kg



Free
airbags

01985 60 60 75
www.zet-kayaks.co.uk

New boats and Demo boats available at:
Lee Valley, CIWW, Tees, Pinkston & R. Dart.

Kōkatat®

made in arcata, ca
www.kokatat.com

London Boat Show

09
~18
JAN
2015

WHERE ADVENTURE STARTS,
PIONEERS MEET &
INNOVATION SHINES

TICKETS
FROM
ONLY **£10***
.....
**15YRS & UNDER
GO FREE†**

A fee of £1.75 applies per transaction, not per ticket.

PLUS**

London Classic Car &
Telegraph Cruise shows

FIRST THREE DAYS ONLY
— See website for details

Follow us at
'LoveBoatShows'



londonboatshow.com